
Handcuffing and Restraints

301.1 PURPOSE AND SCOPE

This policy provides guidelines for the use of handcuffs and other restraints during detentions and arrests.

301.2 POLICY

The Redding Police Department authorizes the use of restraint devices in accordance with this policy, the Use of Force Policy and department training. Restraint devices shall not be used to punish, to display authority or as a show of force.

301.3 USE OF RESTRAINTS

Only members who have successfully completed Redding Police Department-approved training on the use of restraint devices described in this policy are authorized to use these devices.

When deciding whether to use any restraint, officers should carefully balance officer safety concerns with factors that include, but are not limited to:

- The circumstances or crime leading to the arrest.
- The demeanor and behavior of the arrested person.
- The age and health of the person.
- Whether the person is known to be pregnant.
- Whether the person has a hearing or speaking disability. In such cases, consideration should be given, safety permitting, to handcuffing to the front in order to allow the person to sign or write notes.
- Whether the person has any other apparent disability.

301.3.1 RESTRAINT OF DETAINEES

Situations may arise where it may be reasonable to restrain an individual who may, after brief investigation, be released without arrest. Unless arrested, the use of restraints on detainees should continue only for as long as is reasonably necessary to assure the safety of officers and others. When deciding whether to remove restraints from a detainee, officers should continuously weigh the safety interests at hand against the continuing intrusion upon the detainee.

301.3.2 RESTRAINT OF PREGNANT PERSONS

Persons who are known to be pregnant shall be restrained in the least restrictive manner that is effective for officer safety.

No person who is in labor, delivery or recovery after delivery shall be handcuffed or restrained except in extraordinary circumstances and only when a supervisor makes a determination that such restraints are necessary for the safety of the arrestee, officers or others (Penal Code § 3407; Penal Code § 6030).

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301.3.3 RESTRAINT OF JUVENILES

A juvenile under 14 years of age should not be restrained unless he/she is suspected of a dangerous felony or when the officer has a reasonable suspicion that the juvenile may resist, attempt escape, injure him/herself, injure the officer or damage property.

301.3.4 NOTIFICATIONS

Whenever an officer transports a person with the use of restraints other than handcuffs, the officer shall inform the jail staff upon arrival at the jail that restraints were used. This notification should include information regarding any other circumstances the officer reasonably believes would be potential safety concerns or medical risks to the subject (e.g., prolonged struggle, extreme agitation, impaired respiration) that may have occurred prior to, or during transportation to the jail.

301.4 APPLICATION OF HANDCUFFS

Handcuffs may be used only to restrain a person's hands to ensure officer safety.

Handcuffing is required for all custodial arrests and 5150 detentions that are transported in a Redding Police vehicle unless pre-approved by a supervisor. A supervisor will consider a person's ailments, disability, age, or pregnancy when authorizing an officer to not handcuff.

Handcuffs should be applied with the hands behind the person's back. Correct placement of handcuffs on the prisoner's wrist is essential for preventing injury or escape. Handcuffs should be applied on the subject's bare wrist in accordance with Department training. The shape of the handcuff should correspond with the shape of the subject's wrist. Handcuffs shall be properly adjusted and fitted. Too tight may cause reduced circulation or nerve damage. Too loose could allow the prisoner to escape. Handcuffs should be adjusted for proper fit.

If, during the initial handcuffing, the handcuffs are too tight and/or applied over clothing jewelry, the officer should readjust the handcuffs for proper fit after the situation is stable.

Handcuffs shall be double locked when tactically safe and prior to transporting a prisoner. Double locking reduces the possibility of inflicting injury from handcuffs tightening further on the prisoner's wrists. It also reduces the possibility of the subject picking or slipping the locking mechanism.

In situations where one pair of handcuffs does not appear sufficient to restrain the individual or may cause unreasonable discomfort due to the person's size, officers should consider alternatives, such as using an additional set of handcuffs or plastic/nylon flex-cuffs (see 301.6).

Handcuffs should be removed as soon as it is reasonable or after the person has been searched and is safely confined within a detention facility.

301.5 APPLICATION OF LEG RESTRAINTS

The primary purpose of leg restraints is to prevent injury to officers and arrestees. The secondary purpose is to prevent damage to patrol vehicles and equipment by prisoners.

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It is recommended the leg restraint system be applied with a minimum of three officers, if available.

The application of the device should be as follows:

- (a) The first officer should control the subject's legs.
- (b) The second officer should control the upper body through leverage and pain compliance, if necessary.
- (c) The third officer should place the leg portion (black) of the restraint device around the prisoner's ankles and cinch strap until legs are restrained.
- (d) The handcuff portion (red) should be hooked to the chain of the handcuffs using the carabineer. The remaining slack in the black nylon belt should be pulled out until the suspect's leg movement is limited, but no further than necessary, by pulling the prisoner's feet towards the handcuffs. The leg restraints are designed so that they cannot be tightened to less than 13 inches.

The leg restraints are also designed so that only the black portion of the restraints can be applied to the lower legs, allowing for the prisoner to walk using small steps. This method could be used to allow more cooperative prisoners to ride in a patrol vehicle in a seated position and walk to and from the patrol vehicle. An officer should maintain control of the looped portion to assist the prisoner maintain his/her balance while walking. Officers should monitor the suspect's behavior and make a determination whether or not he/she should remain fully restrained.

Anytime leg restraints are used to restrain a prisoner's legs, the prisoner should be in a position which does not restrict breathing (i.e. on the side, back or in a seated position) and the prisoner's condition should be monitored. If placing the prisoner is a seated position, the red belt can be disconnected from the handcuff chain and attached to an eyebolt affixed to the partition behind the front passenger seat. The belt may also be routed around the "B" pillar of the vehicle and secured if an eyebolt is not affixed to the partition.

Anytime the leg restraints are used and attached to the handcuffs, the prisoner must be medically cleared prior to booking at the Shasta County Jail. If the restraints are only attached to the legs and the prisoner is not placed in a position that could cause potential asphyxia the prisoner can be taken to jail without medical clearance.

301.6 APPLICATION OF FLEX-CUFFS

Flex-cuffs may be used to temporarily restrain a subject when traditional handcuffs cannot be used or are unavailable.

Flex-cuffs must be properly adjusted once applied. Officers need to be aware that flex-cuffs can cause lacerations, reduce circulation, or cause nerve damage if applied too tightly. Typically, these restraints cannot be adjusted once applied.

Never use a knife to cut off the flex-cuffs. Only use an approved cutting tool, such as diagonal cutters.

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Apply flex-cuffs in accordance with Department training.

301.7 APPLICATION OF SPIT HOODS

Spit hoods are temporary protective devices designed to prevent the wearer from biting and/or transferring or transmitting fluids (saliva and mucous) to others.

Spit hoods may be placed upon persons in custody when the officer reasonably believes the person will bite or spit, either on a person or in an inappropriate place. They are generally used during application of a physical restraint, while the person is restrained, or during or after transport.

Officers utilizing spit hoods should ensure that the spit hood is fastened properly to allow for adequate ventilation and that the restrained person can breathe normally. Officers should provide assistance during the movement of restrained individuals due to the potential for impaired or distorted vision on the part of the individual.

Spit hoods should not be used in situations where the restrained person is bleeding profusely from the area around the mouth or nose, or if there are indications that the person has a medical condition, such as difficulty breathing or vomiting. In such cases, prompt medical care should be obtained. If the person vomits while wearing a spit hood, the spit hood should be promptly removed and discarded. Persons who have been sprayed with oleoresin capsicum (OC) spray should be thoroughly decontaminated including hair, head, and clothing prior to application of a spit hood.

Those who have been placed in a spit hood shall be monitored and shall not be left unattended until the spit hood is removed. Spit hoods shall be discarded after each use.

301.8 APPLICATION OF AUXILIARY RESTRAINT DEVICES

Auxiliary restraint devices include transport belts, waist or belly chains, transportation chains, leg irons and other similar devices. Auxiliary restraint devices are intended for use during long-term restraint or transportation. They provide additional security and safety without impeding breathing while permitting adequate movement, comfort, and mobility.

Any person in auxiliary restraints should be monitored as reasonably appears necessary.

301.9 APPLICATION OF LEG RESTRAINT DEVICES

Leg restraints may be used to restrain the legs of a violent or potentially violent person when it is reasonable to do so during the course of detention, arrest or transportation. Only restraint devices approved by the Department shall be used.

In determining whether to use the leg restraint, officers should consider:

- (a) Whether the officer or others could be exposed to injury due to the assaultive or resistant behavior of a suspect.
- (b) Whether it is reasonably necessary to protect the suspect from his/her own actions (e.g., hitting his/her head against the interior of the patrol unit, running away from the arresting officer while handcuffed, kicking at objects or officers).

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- (c) Whether it is reasonably necessary to avoid damage to property (e.g., kicking at windows of the patrol unit).

301.9.1 GUIDELINES FOR USE OF LEG RESTRAINTS

When applying leg restraints the following guidelines should be followed:

- (a) In all cases, a supervisor shall be notified as soon as practicable after the application of the leg restraint device.
- (b) If the leg restraint device is attached to the handcuffs at any time, the officer shall transport the subject to a medical facility for medical clearance prior to booking.
- (c) Once applied, absent a medical or other emergency, restraints should remain in place until the officer arrives at the jail or other facility or the person no longer reasonably appears to pose a threat.
- (d) Once secured, the person should be placed in a seated or upright position, secured with a seat belt, and shall not be placed on his/her stomach for an extended period, as this could reduce the person's ability to breathe. If unable to place in a seated position, the person should be placed on his/her side.
- (e) The restrained person shall be monitored by an officer while in the leg restraint. The officer should ensure that the person does not roll onto and remain on his/her stomach.
- (f) The officer should look for signs of labored breathing and take appropriate steps to relieve and minimize any obvious factors contributing to this condition.
- (g) When transported by ambulance/paramedic unit, the restrained person shall be accompanied by an officer when requested by medical personnel. The transporting officer should describe to medical personnel any unusual behaviors or other circumstances the officer reasonably believes would be a potential safety or medical risks to the subject (e.g., prolonged struggle, extreme agitation, impaired respiration).

301.10 REQUIRED DOCUMENTATION

If an individual is arrested, the use of restraints other than handcuffs shall be documented in the related report. The officer should include, as appropriate:

- (a) The amount of time the suspect was restrained.
- (b) How the suspect was transported and the position of the suspect.
- (c) Observations of the suspect's behavior and any signs of physiological problems.
- (d) Any known or suspected drug use or other medical problems.