1. Apply wrist restraint following manufacturer instructions. Place the soft or foam part toward skin.
2. Secure restraint to it is snug but not tight. Make sure you can slide 1 finger under restraint. Adjust straps as needed if too snug or too tight. Check for snugness after each adjustment.
3. Secure straps to the movable part of bed frame out of person reach.
4. Use a buckle or quick release tie.
5. Check the person and restraint every 15 minutes and document. Check the pulse, color and temperature of restrained part.
6. Every 2 hours remove or release restraint, measure vitals, reposition person, provide food, fluid hygiene and elimination, give skin care, provide ROM and provide for physical and emotional comfort. Complete a safety check of the room. Record your observations and safety measures provided.