



# Posey® Twice-As-Tough® Cuffs 2700Q, 2700QL

## Application Instructions for Wrist and Ankle



Rx ONLY

**DESCRIPTION OF PRODUCT:** Padded limb restraints with double-security closure. For bed and stretcher use only.

**INTENDED USE:**

- Patients assessed to be at risk of disrupting life-saving treatments (e.g., chronic tube pulling) or in danger of injury to themselves or to others.
- Follow your hospital's restraint policies and procedures which are in compliance with USA CMS guidelines and state laws, or other governing agencies outside the USA.

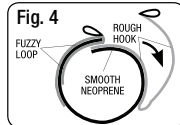
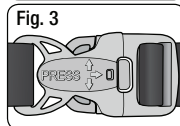
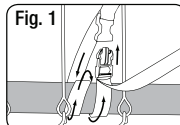
**CONTRAINDICATIONS:**

Do not use this device with someone who has continued highly aggressive or combative behavior, self-destructive behavior, or deemed to be an immediate risk to others or to self. Clinicians may need to use additional interventions in conjunction with restraints.

**APPLICATION INSTRUCTIONS:** (Repeat steps 1 and 2 for each side):

The order of either application of the straps to the bed OR applying the cuff to the patient is to be determined by the clinician/physician depending on the situation.

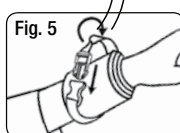
1. Wrap the connecting strap at least once around the frame that moves with the patient, out of the reach of the patient (Fig. 1). (Do not attach to the side rail or head/footboard). If buckle does not fit an opening, use the alternate method by looping the webbing through the frame opening, inserting the buckle through the loop, and securing the male buckle to the female buckle to secure (Fig. 2). Close the gray quick-release buckle by sliding the male end into the female end (Fig. 3). The gray quick-release buckle will only release when applying pressure on all three buttons in Fig 3.



2. Once the buckle is in place and the strap is secured to the frame, pull on the excess strap end to adjust to the desired length between the cuff and the attachment point. To limit unwanted adjustment, tie an overhand knot with the excess strap directly below the quick-release buckle. Secure the remaining strap end(s) out of the reach of the patient.

**APPLYING THE CUFFS:** (Repeat steps 1 – 4 for each side):

1. Wrap the neoprene piece around the wrist or ankle so the buckle and connecting strap is on the ulnar side of the wrist or lateral malleolus of the ankle. Attach the black hook-and-loop pieces together and pull back the black pull tab on the blue or red fuzzy piece, followed by attaching the blue or red hook-and-loop pieces. The fuzzy piece should be sandwiched between the two pieces of hook (Fig. 5). Be sure to overlap at least one inch (3 cm).
2. Press the hook-and-loop closure together firmly and make sure it adheres securely. Slide one finger (flat) between the cuff and the inside of the patient's wrist or ankle to ensure proper fit.
3. Close the quick-release buckle on the cuff. Insert one finger (flat) under the buckle and pull the strap snug, but not so tight as to restrict circulation.
4. Release the quick-release buckle, twist buckle 180° (Fig. 5), and reconnect. Listen for a "snapping" sound.



**ADJUSTING STRAP LENGTH:**

Adjust the connecting strap(s) length from the frame to allow desired freedom of movement without compromising patient or caregiver safety. Ensure the remaining strap end(s) are secured and out of the reach of the patient.



2700Q/  
2700QL

**POSEY TWICE-AS-TOUGH CUFFS:**

**REF 2700Q** 3 Point Quick-Release, Single Strap Cuff, Regular/Blue

**REF 2700QL** 3 Point Quick-Release, Single Strap Cuff, Large/Red

May be patented: see [www.tidiproducts.com/virtual-patent-marking](http://www.tidiproducts.com/virtual-patent-marking)

**TO LIMIT LOWER LIMB RANGE OF MOTION (Fig. 6):**

The clinician applying the strap's criss-cross application method can determine which is applied first (cuff or strap) and which end of the restraint is criss-crossed.

1. Attach the cuff that is secured to the bottom right side of the bed to the left ankle.
2. Criss-cross the straps and attach the cuff secured to the bottom left side of the bed to the right ankle.
3. Adjust connecting straps as necessary.



**PRECAUTIONS:**

- A clinical assessment and decision are required when used with monitoring lines or if patient has a wound or dislocated/fractured limb.
- Check the patient regularly to ensure that circulation is not impaired. Serious injury may occur if the cuffs restricts circulation when the limb holder is applied.
- Before each use, check cuffs and straps for cracks, tears, and/or excessive wear or stretch, broken buckles or locks, and/or that hook-and-loop adheres securely as these may allow patient to remove cuff. Discard if device is damaged or if unable to lock.
- **⚠ WARNING:** Additional or different body or limb restraints may be needed (visit [tidiproducts.com](http://tidiproducts.com)):
  - If the patient pulls violently against the bed straps.
  - To reduce the risk of the patient getting access to the line/wound/tube site.
  - To prevent the patient from flailing or bucking up and down and causing self-injury.

**BED SAFETY:**

Refer to the Food and Drug Administration (FDA), or other governing agencies outside the USA, for the most recent Hospital Bed Safety Guidelines and the bed manufacturer's instructions for use.

**ADDITIONAL SAFETY AND LAUNDERING INSTRUCTIONS ON OTHER SIDE.**



**For RX PRODUCTS ONLY.** Federal law (USA) restricts this device to sale by or on order of a physician. For use in a licensed healthcare facility only.

**STAFF TRAINING:** Tidi offers inservice training aids at no charge. Contact Tidi online at [www.tidiproducts.com](http://www.tidiproducts.com) or call toll-free at 1.800.447.6739.

**BEFORE APPLYING ANY RESTRAINT:** Follow your hospital's restraint policies and procedures which are in compliance with USA CMS guidelines and state laws or other governing agencies outside the USA.

**⚠️ ADDITIONAL WARNINGS:**


1. ALWAYS monitor patient per facility policy. Improper application or use of any restraint may result in serious injury or death. Be aware that constant monitoring may be required for:
  - Aggressive or agitated patients; and
  - Patients in a supine position; ensure that being in this position would not cause any complications for those who are at risk of vomiting while being restrained.
2. NEVER alter or repair this product. ALWAYS inspect before each use: Check for broken stitches or parts; torn, cut or frayed material; or locks, buckles, or hook-and-loop fasteners that do not hold securely. DO NOT use soiled or damaged products. Doing so may result in serious injury or death. Dispose of damaged products per facility policy for BIOHAZARDOUS material.
3. ALWAYS secure straps to a part of the frame that moves with the patient (not foot/head board or siderails), out of the patients reach, using quick-release ties (see drawing below) or buckles. These allow easy release in the event of an accident or fire.
 

Test to make sure straps cannot tighten, loosen, or slip and create excess slack. If this occurs, the patient may slide off the chair or bed, increasing the risk of serious injury or suffocation. Restraint release is an important part of facility fire and disaster drills. Straps can be cut with scissors in an emergency.
4. NEVER secure restraint strap to side rail or head/foot board.
5. NEVER use Posey products on toilets, or on any chair or furniture that does not allow proper application as directed in the Application Instructions. DO NOT use at home.
6. NEVER expose this product to open flame, fire, smoking materials, or high heat sources. Some products may melt or ignite and burn. The facility smoking/no smoking policy should be strictly enforced.
7. NEVER use a Posey product as a seat belt in a moving vehicle. Posey products are not designed to withstand the force of a crash or sudden stop.
8. Test Zippers or hook-and-loop fasteners before each use. DISCARD device if it does not fasten securely.

**LAUNDERING INSTRUCTIONS** (if applicable):

- Fasten all buckles and locks to reduce risk of damage during wash and dry cycles. DO NOT put buckles or locks through extractors. For maximum life, launder in a laundry bag.
- Stainless Steel Locks: Posey recommends that locks be treated with a dryfilm lubricant (silicone) after each cleaning. For best results, spray a small amount into the lock. Work the action of the lock with a key several times to ensure that all the surfaces are well lubricated.
- Before laundering, zip up and turn the product inside out to protect zipper.
- Hook-and-loop fasteners may collect lint after repeated use or laundering, reducing grip strength. Fasten the "hook" to the "loop" before laundering to help prevent lint buildup. As needed, use a stiff-bristle brush to remove lint from the "hook" side.

• These products, other than foam products, can be machine washed under CDC\* guidelines for material soiled with blood or bodily fluid.



- For non-contaminated material, use lower temperature wash and dry cycles to extend product life.

• For foam products:



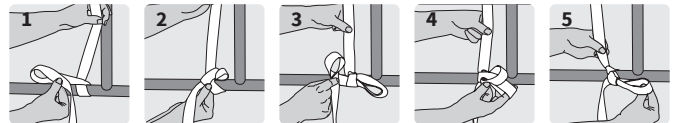
- Make sure products are completely dry before use.

**STORAGE AND HANDLING:**

- This device is designed for use in normal indoor environments.
- This device may be stored in ambient warehouse temperatures at normal humidity levels. Avoid excess moisture or high humidity that may damage product materials.

\*[www.cdc.gov](http://www.cdc.gov)

**HOW TO TIE THE POSEY QUICK-RELEASE TIE**



1. Wrap strap once around the frame that moves with the patient (do not attach to side rail or head/footboard), leaving at least an 8" (20 cm) tail. Fold the loose end in half to create a loop and cross it over the other end.
2. Insert the folded strap where the straps cross over each other, as if tying a shoelace. Pull on the loop to tighten.
3. Fold the loose end in half to create a second loop.
4. Insert the second loop into the first loop.
5. Pull on the loop to tighten. Test to make sure strap is secure and will not slide in any direction.
6. Repeat on other side. Practice quick-release ties to ensure the knot releases with one pull on the loose end of the strap.

**DISPOSAL:** Dispose of product according to facility guidelines or after thirty-day use or sooner if product is worn or damaged.