



DESCRIPTION OF PRODUCT

Soft wrist restraint for limiting arm movement. **XDcuff®** is designed to be pre-connected to the stretcher for fast restraint deployment when needed.

INDICATIONS

- Agitated patients whose actions disrupt life-saving interventions (e.g., preventing IV access, chronic tube pulling).
- Patients whose chronic pulling of supportive equipment prevents monitoring of vital signs and transport.

PRECAUTIONS

- DO NOT use on patient who is/or becomes highly aggressive, uncooperative, agitated, or suicidal, UNLESS the patient is continually monitored.
- Fracture or dislocation of the restrained limb.
- IV or injury site located at the wrist.
- Always follow your agencies protocols when using limb restraints.

ADVERSE REACTIONS

Use of limb restraints can cause patients severe psychological and physical problems. If the patient is likely to cause further harm because of the use of restraints, consider contacting medical control for an alternate method.

WARNING: RESTRAINED PATIENTS SHOULD BE CONTINUALLY MONITORED PER AGENCY POLICY. IMPROPER APPLICATION OR USE CAN RESULT IN SERIOUS INJURY OR DEATH.

Additional warnings:

- NEVER alter or repair this product.
- ALWAYS inspect the product before each use: Check for broken threads or parts; torn, cut or frayed material; or buckles, or hook-and-loop closures that do not hold securely.
- Dispose of products per agency policy for biohazardous.

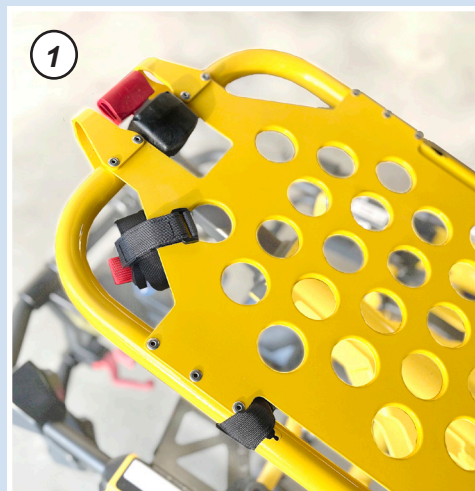
XDcuff® COMPONENTS - Use Wrist Restraints in conjunction with pre-installed **CSS**. Visit our **YouTube** channel (**xdcuff**) for helpful instructional videos.



INSTALLATION

Use in conjunction and after installation of the **Cuff Securement Straps [CSS]**. For helpful user videos, go to our YouTube channel (**xdcuff**). **XDcuff®** can also be stored separate from the stretcher or anchoring position.

LEFT WRIST



This position is located on the foot lift portion of the stretcher, near the patients left foot.

1. Loop the stretcher anchor around the

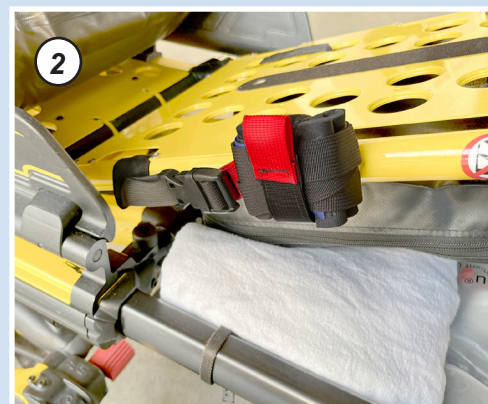
frame rail as shown and secure within the **XDcuff® Cuff Securement Strap (CSS)**.

RIGHT WRIST

This position is located on the head lift portion of the stretcher on the patients left side.

2. As with the left wrist, loop **Stretcher Anchor** around frame rail as shown and secure within the **Cuff Securement Strap**.

If you would like both arms down, both wrist restraints can be applied on the foot lift portion of the stretcher as shown in **Fig 3** on next page.

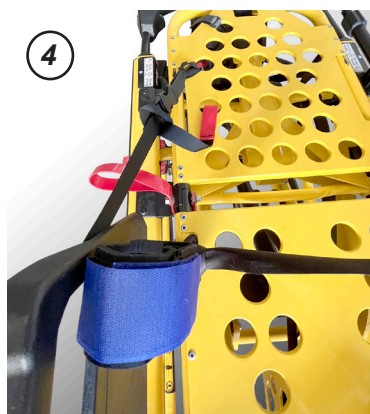


INSTALLATION (continued)

Both wrist restraints can be applied on the foot lift portion of the stretcher.



APPLICATION INSTRUCTIONS



Repeat these steps for each limb.

1. When restraint is needed, remove the packaging and unroll the strap and cuff. **Ensure there are no twists in the strap before applying the cuff to the wrist. (This step prevents the strap from binding within the adjustable buckle.)**

2. Wrap the cuff around the wrist with the soft Neoprene portion towards



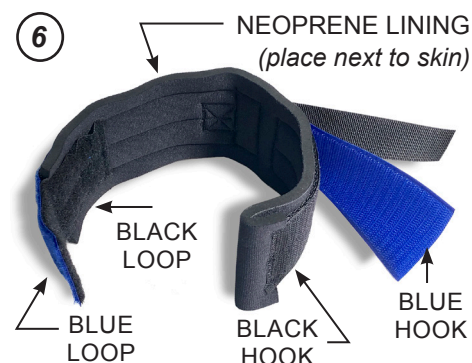
the patient's skin. Attach the black hook-and-loop portions first, followed by the blue hook-and-loop portions as shown in FIG 6.

Ensure one loose, flat finger space is left between the Neoprene and the patient's wrist as to not interfere with circulation.

3. After the cuff is secured to the right wrist, disconnect the

buckle and feed the buckle through the hole in the skin of the stretcher before connecting again as shown in **Fig 5**.

When the cuff is secured to the left wrist, disconnect the buckle and feed it through the hole in the XPS or arm rest, before connecting again as shown in **Fig 4**.



Cuff dimensions: Wrist 12" L X 2 1/2" W (30 X 6 cm)

Cuff circumference: Wrist 6"-11" (15 -28 cm)

Strap length/material: Wrist 48" (124 cm) Nylon

Buckle: YKK® Mill Spec, heavy duty acetal plastic.
450 LB break strength

Cuff closure: Blue hook-and-loop fastener with Neoprene foam

WASHING INSTRUCTIONS

This product is machine washable under CDC* guidelines for materials soiled in blood or bodily fluid.

Before washing, fasten all buckles and assure hook-and-loop closures are connected. Use a laundry bag to maximize product life.

For non-contaminated products clean with alcohol base wipe or wash at lower temperatures. If bleach is used, thoroughly rinse before drying.

Dispose of the restraint if grossly contaminated with blood or bodily fluid.

*www.cdc.gov



STORAGE: This device can be stored in ambient environments. Avoid excessive moisture or high humidity.

For helpful videos, please visit our YouTube channel or Website under Secure Installation and Deployment.



DESCRIPTION OF PRODUCT

Pair of two ankle restraints for limiting leg movement. XDcuff® is designed to be pre-connected to the stretcher for fast restraint deployment in emergencies.

INDICATIONS

- Uncooperative medical patients whose actions disrupt lifesaving interventions (e.g., preventing IV access, chronic tube pulling).
- Patients whose continuing pulling of supportive equipment prevents monitoring of vital signs and transport

XDcuff® COMPONENTS - Use **Ankle Restraints** in conjunction with pre-installed **CSS**. Visit our **YouTube** channel (**xdcuff**) for helpful instructional videos.



Cuff Securement Strap (CSS) Attaches to stretcher **REF 104** (sold separately)

Stretcher Anchor (w/female buckle)
Attaches to stretcher and restraint



Reusable Ankle Restraint (w/strap and male buckle)
Attaches to **Stretcher Anchor REF 103**

PRECAUTIONS - DO NOT use on a patient who...

- Is or becomes overly aggressive, uncooperative, agitated, or suicidal, **UNLESS** the patient is continually monitored
- Has a fracture or dislocation of the restrained limb
- Has an IV or injury site located at the wrist

Always follow your agency's protocols when using limb restraints.

ADVERSE REACTIONS

Use of limb restraints can cause patients severe psychological and physical problems. If patient is likely to cause further harm because of the use of restraints, consider contacting medical control for an alternate method.



WARNING! Restrained patients should be continually monitored per agency policy. Improper application or use can result in serious injury or death.

- **NEVER** alter or repair this product.
- **ALWAYS** inspect the product before each use: Check for broken threads or parts; torn, cut or frayed material; or buckles, or hook-and-loop closures that do not hold securely
- **ALWAYS DISPOSE** products per agency's policy for biohazardous material.

INSTALLATION

Use in conjunction and after installation of the **Cuff Securement Straps [CSS]**. XDcuff® can also be stored and used separate from the stretcher.

LEFT AND RIGHT ANKLE RESTRAINT POSITIONS

These positions are located on the foot end hitch portion of the stretcher.

1. Loop the stretcher anchor around the upper lift bar and feed the entire restraint back through the formed loop.
2. Wrap both ankle cuffs tightly within the CSS.



For helpful videos, visit our website and watch our video:
Secure Installation and Deployment.

BEFORE APPLYING THE RESTRAINT

- Make a complete assessment of the patient prior to applying the restraints.
- Use limb restraints only as last result and after all efforts of calming the patient has failed.
- Never place the patient in the prone position.
- Remove watches and jewelry prior to applying the restraints.
- Restraints must be used in accordance with your agencies policies and protocols.

CREW SAFETY WARNING

XDcuff® developed limb restraint positions based on ambulance layout, stretcher design and common methods utilized in EMS. Final patient positioning/restraint techniques should be determined by your lead medical authority. **ALWAYS follow your local guidelines and protocols when treating uncooperative patients.**

APPLICATION INSTRUCTIONS

Repeat steps for each ankle.

1. When restraint is needed, remove cuff from packaging.

NOTE: Ensure there are no twists in the strap prior to applying the restraint. (This step will prevent the strap from binding within the adjustable buckle)



2. Wrap the cuff around the ankle with the Neoprene portion towards the patient's skin. Attach the black hook-and-loop portions first, followed by the green hook-and-loop portions as shown in **Fig 3**.

NOTE: Ensure there is one flat finger space between the Neoprene foam and the patient's ankle as to not interfere with circulation. Also ensure at least two inches of connection on all hook-and-loop closures to achieve the full weight rating of 400LB.

3. After securing the cuff pull the opposite end (red loop) which removes the slack. Tie a half-hitch knot above the buckle if time permits and tuck the excess strap underneath mattress.

NOTE: It is helpful to crisscross the ankle restraints if time permits (**Fig 4**).

Utilizing the stretchers leg belt above the knees is also effective in reducing the movement of a person's lower extremities.



Cuff dimensions: Ankle 14" L X 2 ½" W (35.5 X 6 cm)

Cuff circumference: Ankle 8-13" (20-33 cm)

Strap length/material: Ankle 25" (63.5 cm), Nylon

Buckle: YKK® heavy duty acetal plastic. 450 LB break strength

Cuff closure: Hook-and-loop fastener with Neoprene foam

WASHING INSTRUCTIONS

This product is machine washable under CDC* guidelines for materials contaminated with blood or bodily fluid.

- Before washing fasten all buckles and assure hook and loop closures are connected.
- Use a laundry bag to maximize product life.
- For mild contaminated products wipe with alcohol-based wipe.
- If bleach is used, rinse thoroughly before drying. Dispose of restraint if grossly contaminated with blood or other bodily fluids.

* www.cdc.gov



STORAGE

This device can be stored in ambient environments. Avoid excessive moisture or high humidity.

Storing the restraint

Make sure the cuff is completely dry before storing.