



# HEATHSIDE SCHOOL

## HAMPSTEAD

# PHYSICAL INTERVENTION (RESTRAINT) POLICY

## 1.1 Introduction

1.2 *The Department of Education advice for Headteachers (Use of Reasonable Force, July 2013) defines Physical Restraint and 'reasonable force' as an act that covers the broad range of actions used by most teachers at some point in their career that involve a degree of physical contact with pupils. The advice goes on to say, 'force is usually used either to control or restrain. This can range from guiding a pupil to safety by the arm through to more extreme circumstances such as breaking up a fight or where a student needs to be restrained to prevent violence or injury. Reasonable in the circumstances' means using no more force than is needed'.*

1.3 *The school does not use force as a punishment – it is always unlawful to use force as a punishment.*

## 2.1 Physical Restraint at Heathside School

- Physical restraint can be used to prevent a child/young person from doing, or continuing to do any of the following:
- Committing a criminal offence (or what would be a criminal offence if the child/young person were not under the age of criminal responsibility)
- Injuring themselves or others
- Causing damage to property
- Engaging in behaviour which is affecting or disturbing other children/young people to the extent that it may be difficult to maintain order

2.2 Staff must be aware that they have a duty of care to the children/young people in their charge and should therefore take reasonable action to ensure children's or young person's safety and well-being. Failure to physically restrain a child or young person, who is subsequently injured or injures another, could in certain circumstances lead to an accusation of negligence.

2.3 Staff are, however, not expected to place themselves in situations where they are likely to suffer injury as a result of their intervention. In some circumstances it may be necessary to seek the help of another colleague before intervening physically.

2.4 There are some situations when the need for physical restraint is immediate E.g: if a child/young person is about to run into a road).

However, in many circumstances there are other alternatives such as:

- Assertiveness skills such as "broken record" where staff repeat an instruction until the child/young person complies
- Using a distracter i.e. a loud whistle to interrupt behaviour (such as a fight) long enough for verbal methods to be effective.
- Withdrawal of attention (the audience)

## 3.1 Physical Restraint Policy

3.2 Physical restraint should only be applied using “reasonable force”. There is no absolute definition of this as it is dependent on the particular situation. However as a general rule only the force necessary to stop or prevent the behaviour should be used. It is not possible to define every circumstance in which physical restraint would be necessary or appropriate and you need to exercise your own judgement.

3.3 Some forms of physical intervention may involve minimal physical contact such as blocking a child’s or young person’s path, or physically placing yourself between one child/young person and another child/young person or object.

3.4 Physical restraint is a last resort; the following are some Do’s and Don’ts to remember in cases where it is necessary:

#### DO

- Tell them what you are doing and why
- Use the minimum force necessary
- Involve another colleague if possible
- Tell the child/young person what they should do for you to remove the restraint (you may need to repeat this frequently)
- Use simple and clear language
- Hold limbs above a major joint if possible e.g. above the elbow
- Relax your restraint in response to the compliance of the child/young person

#### DON’T

- Act in temper (if you can’t control your emotions get another colleague to deal with the situation and remove yourself from it)
- Involve other children/young people in the restraint
- Touch or hold the child/young person in inappropriate areas
- Twist or force a limb back against a joint
- Bend fingers or pull hair
- Hold the child/young person in a way which will restrict blood flow or breathing e.g.
  - around the neck
  - Slap, kick or punch
  - Trip up the child/young person

**ANY INCIDENT INVOLVING PHYSICAL RESTRAINT SHOULD BE RECORDED IMMEDIATELY ON A PHYSICAL RESTRAINT REPORT FORM AND STATEMENTS MADE BY ANY WITNESSES TO THE INCIDENT. ANY PHYSICAL RESTRAINT SHOULD BE REPORTED AS SOON AS POSSIBLE TO A MEMBER OF THE SENIOR LEADERSHIP TEAM.**

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### Restrictive Intervention Record Form

Name of child .....Age .....

Is this child a looked after child/SEN/vulnerability? .....

When did the incident occur?

Date	Day of week	T i m e	Where?

Staff involved

Name	Involved: physically? (P) as observer? (O)	Staff signature

Please describe the incident and include:

What was happening before?

What do you think triggered this behaviour?

What deescalating techniques were used prior to restrictive physical intervention (RPI) ?

Why was a RPI deemed necessary?

Any other information relevant to include.

Please give details below of how the child was held

.....

How long was the child held?

.....

What was the child's body position relative to the adult involved?

.....

Has the child been held on previous occasions?.....

*Good practice dictates that early years provisions should review what happened and consider what lessons can be learned, which may have implications for the future management of the child. These need not be added to this form but should be incorporated in the individual plans for the child.*

*A child should have an individual behaviour plan clearly detailing reactive strategies and physical intervention approaches if they have been involved in physical interventions on more than one occasion.*

Does the behaviour plan need to be reviewed as a result of this incident? Yes/N  
o

Does the risk assessment need to be reviewed as a result of this incident? Yes/N  
o

If yes, who will action and when? (less than four weeks)

Who was the incident reported to, and when?

.....  
.....

Was there any medical intervention needed? Yes/No Include names of any injured

person and brief details of injuries .....

.....  
.....  
..... Please specify any related record forms

Accident Book !      Complaints record

Skin !      Behaviour Log!  
Map

Other (please specify)

Was the child debriefed? Yes/No

Were staff offered a Yes/No

debrief? Was it taken up? Yes/No

Parents/carers were informed

Date	Time	By whom?	By direct contact, telephone, letter?

Form completed by:	Name	Designation	Date and time

