



EUMR on-site demonstration

Staff Name: NGWA A SHU

Date: 07/10/2024

Trainer Signature & Title: _____

[Signature] DSPA DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Michelle Palwo

Date: 07/10/20

Trainer Signature & Title: [Signature] Caregiver

A simulated experience of administering & receiving restraint procedures allowed by PAI.

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While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
Administers restraint
Identifies threshold for ceasing restraint
Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure. Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
Administers restraint
Identifies threshold for ceasing restraint
Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Sara Banweiler

Date: 7-10-24

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI. PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

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While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

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**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

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Staff may be in a sitting or kneeling position behind the person.

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If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
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EUMR on-site demonstration

Staff Name: Colette Rice

Date: 7/10/2024

Trainer Signature & Title: Colette Rice DSP

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- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

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**ARM RESTRAINT
ONE STAFF PERSON
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If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
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- Experiences restraint



EUMR on-site demonstration

Staff Name: Erin Sandstrom

Date: 7/10/2024

Trainer Signature & Title: [Signature] LSPC DC

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PHYSICAL ESCORT/WALKING:

Stage 2

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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

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Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

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Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

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**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

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If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
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EUMR on-site demonstration

Staff Name: Sommy Madi

Date: 7/10/24

Trainer Signature & Title: [Signature] DC

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- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

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- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

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**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

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Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Alice L. Cox

Date: July 10 2024

Trainer Signature & Title: [Signature] DC

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- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

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Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

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**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

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Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Anaelia Sopher

Date: 7/10/24

Trainer Signature & Title: [Signature]

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- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**PHYSICAL
ESCORT/WALKING:**

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

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**ARM RESTRAINT
ONE STAFF PERSON
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- Administers restraint
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**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

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With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Cynthia Bay

Date: 7-10-24

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Mao Thao

Date: 7/10/24

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

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Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Festus Kela

Date: 7/19/22

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Jessica Omondson

Date: 7/10/24

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Laura Stacken

Date: 7/10/24

Trainer Signature & Title: [Signature]

A simulated experience of administering & receiving restraint procedures allowed by PAI.

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Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Ellie Tieszen

Date: 07/10/24

Trainer Signature & Title: DSP Ellie Tieszen

A simulated experience of administering & receiving restraint procedures allowed by PAI. PAI recognizes the importance of having qualified, knowledgeable staff that are competently trained to uphold the rights of persons served and to protect persons' health and safety. Annually staff must demonstrate competency in each area to be approved for implementing a restraint in an emergency.

Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking.

Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Bi Grace

Date: 7/10/2024

Trainer Signature & Title: [Signature]

A simulated experience of administering & receiving restraint procedures allowed by PAI.

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Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint



EUMR on-site demonstration

Staff Name: Monica Green

Date: 7/10/24

Trainer Signature & Title: [Signature] DC

A simulated experience of administering & receiving restraint procedures allowed by PAI.

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Check each box when staff successfully demonstrates the following proficiencies:

PHYSICAL ESCORT/WALKING:

Stage 1

Staff person will walk by the side of the person while remaining slightly behind the person. Staff will place their hand that is closest to the person, on the person's forearm, just below the elbow while applying firm, but gentle pressure.

While walking with the person, staff will remain near to the person so that the placement of the hand on the person's forearm is effective.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

PHYSICAL ESCORT/WALKING:

Stage 2

If stage 1 is not effective, staff may use both of their hands to move the person while walking. Staff will move their hand currently on the person's forearm to the person's small of their back and apply firm, but gentle pressure.

Staff's other arm, that is farthest away from the person, will reach across and be placed on the person's forearm, below the elbow, while applying firm, but gentle pressure.

In this position, staff will remain near to the person while walking with them to another area.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

1 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm ensuring that their palms are facing down.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
STANDING:**

2 arm

Staff will direct one arm of the person served forward to cross in front of the person's body by applying slight pressure above or below their elbow. The same side arm will be used by staff and the person (i.e. staff's right arm will direct the right arm of the person forward).

With their other arm, farthest away from the person, staff will lightly grip the person's crossed arm, slightly above the wrist, holding the arm in a crossed position.

Staff will then slide their free arm between the person's arm and their waist, to grip the person's forearm. Ensuring that their palms are facing down.

If the person continued to escalate in behaviors and it is necessary to restrain both arms, staff will release their arm that is gripping the person's arm above the wrist.

Staff will quickly bring their arm up and around to "pin" the person's free arm against their side.

Staff will then re-grip the arm above the wrist that is crossed in front of the person so that one arm is crossed in front of the person and the other pressed against the person's side.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint

**ARM RESTRAINT
ONE STAFF PERSON
SITTING:**

1 arm and 2 arm:

While restraining the person's arm(s), staff will verbally notify the person of what they are doing.

Staff will slowly back up and lower the person to the floor.

Staff may be in a sitting or kneeling position behind the person.

Should the person attempt to hit staff with their head or aggressively rock back and forth, staff will pull slightly back while maintaining their restraint.

If possible, staff will brace their shoulder against the person's shoulder or duck their head to avoid being hit.

- Identifies threshold of implementation of restraint
- Administers restraint
- Identifies threshold for ceasing restraint
- Experiences restraint