EUMR on-site demonstration

Staff Name: Mari Grandprey Date: 7/30/25

Trainer Signature & Title: Dolly [illegible], Program Supervisor

Mari Grandprey is exempt from EUMR training due to accommodations

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 griping 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