

The background of the slide is a composite image. The top left portion shows several yellow school buses parked in a lot, with the word 'SCHOOL BUS' visible on the front of one. The bottom left portion shows a classroom with blue walls, decorated with colorful balloons and framed pictures. Several white desks and chairs are arranged in the room.

Physical Restraint: Prohibited Practices and Conditions for Use

Module 3

Office of Special Education and Early Learning (OSEEL)

Physical Restraint: Prohibited Practices

[704 Kentucky Administrative Regulation \(KAR\) 7:160, Section 3](#)



Physical Restraint Definition

Physical Restraint: “A personal restriction that immobilizes or reduces the ability of a student to move ...” freely. It does not include “... temporary touching or holding ... for the purpose of encouraging a student to move voluntarily to a safe location... behavioral intervention, such as proximity control ..., Less restrictive physical contact or redirection to promote physical safety ..., physical guidance or prompting when teaching a skill or redirecting the student’s attention.”

[[704 KAR 7:160, Section 1 \(10\)](#)]

Prohibited Use of Physical Restraint

Physical restraint must not be used:

- As a punishment or discipline;
- To force compliance or for retaliation;
- As a substitute for appropriate educational or behavioral support;
- To prevent property damage;
- As a routine school safety measure; or
- As a convenience for staff.

[\[704 KAR 7:160, Section 3 \(1\)\]](#)

Prohibited Restraint Practices

School personnel must not use any of the following on any student at any time:

- **Mechanical Restraint:** Use of devices to restrict movement;
- **Chemical Restraint:** Use of medication to control behavior, except as prescribed by a medical professional;
- **Prone or Supine Restraint:** Restraining a student face down or face up on the floor;

[[704 KAR 7:160, Section 3 \(2\)](#)]

Prohibited Restraint Practices

School personnel must not use any of the following on any student at any time:

- **Life-Threatening Physical Restraint:** Any physical restraint that poses a life-threatening risk to the student;
- **Aversive Behavioral Interventions:** Any intervention causing trauma; and
- **Contraindicated Physical Restraint:** if staff know that physical restraint is dangerous or inappropriate based on the student's disability, health care needs, or medical or psychiatric condition.

[[704 KAR 7:160, Section 3 \(2\)](#)]

Physical Restraint: Conditions for Use

[704 KAR 7:160, Section 3](#)

Conditions for Use of Physical Restraint

The behavior poses an imminent danger of physical harm to themselves or others

The restraint does not interfere with students' ability to communicate

[\[704 KAR 7:160, Section 3 \(3\)\]](#)

Conditions for Use of Physical Restraint

The student's physical and psychological well-being is monitored;

Less restrictive interventions have been ineffective; and

The restraint is implemented by trained personnel.

[\[704 KAR 7:160, Section 3 \(3\)\]](#)

Personnel Use of Physical Restraint

- Use “only the amount of force reasonably believed to be necessary to protect the student or others from imminent danger of physical harm.”
- End the restraint as soon as:
 - “The student’s behavior no longer poses an imminent danger of physical harm to self or others; or
 - A medical condition occurs putting the student at risk of harm.”

[\[704 KAR 7:160, Section 3 \(4-5\)\]](#)

Pause and Consider

Does your district policy clearly list all prohibited practices?

What training does your district provide to ensure compliance with these conditions?

How does your district communicate these requirements to parents and staff?





Kentucky Department of
E D U C A T I O N

Resources and Support

[KDE Physical Restraint and Seclusion Webpage](#)



Resources

- [KDE Physical Restraint and Seclusion Webpage](#)
- [United States Department of Education *Restraint and Seclusion Resource Document*](#)
- [KDE Positive Behavioral Interventions and Supports \(PBIS\)](#)
- [*Data Standard Behavior \(Safe Schools\) Data Entry*](#)
- [Safe Schools Data Collection and Reporting](#)
- [704 KAR 7:160. *Use of physical restraint and seclusion in public schools*](#)

Questions



Tania Sharp, M.Ed.

Exceptional Children Consultant
Guidance and Support Branch

Phone: (502) 564-4970, Ext. 4124

Email: tania.sharp@education.ky.gov