

WAC 110-305-6200 Physical restraint—Prohibited uses or methods.

The licensee and program staff must not use:

- (1) Physical restraint as a form of punishment or discipline;
- (2) Mechanical restraints including, but not limited to, handcuffs and belt restraints;
- (3) Locked time-out or isolation space;
- (4) Bonds, ties, tape, or straps to restrain a child; or
- (5) Physical restraint techniques that restrict breathing or inflict pain. These include, but are not limited to:
 - (a) Restriction of body movement by placing pressure on joints, chest, heart, or vital organs;
 - (b) Sleeper holds, which are holds used by law enforcement officers to subdue a person;
 - (c) Arm twisting;
 - (d) Hair holds;
 - (e) Choking or putting arms around the throat; or
 - (f) Chemical restraint such as mace or pepper spray.

[WSR 18-14-078, recodified as § 110-305-6200, filed 6/29/18, effective 7/1/18. Statutory Authority: Chapter 43.215 RCW. WSR 12-23-057, § 170-297-6200, filed 11/19/12, effective 12/20/12.]