**Section 225.1070 Restraints**

a) The facility shall have written policies controlling the use of physical restraints. Adaptive equipment is not considered a physical restraint. Wrist bands or devices on clothing that trigger electronic alarms to warn staff that a resident is leaving a room do not, in and of themselves, restrict freedom of movement and should not be considered as physical restraints. The policies shall be followed in the operation of the facility. These policies shall be developed by the medical director and by nursing and administrative personnel.

b) No physical restraints with locks shall be used.

c) Physical restraints shall not be used on a resident for the purpose of discipline or convenience.

d) The use of chemical restraints is prohibited.