



Prone Restraint

Prone restraint is a method of intervention where a person's face and frontal part of his or her body is placed in a downward position touching any surface for any amount of time. The use of prone restraints in Ohio is prohibited.

Never an Option

- Prone restraints are not to be used at any time, including as a behavioral intervention in any crisis situation.
- Prone restraints are not to be written into any support or service plan.
- Any use of prone restraint is required to be reported and investigated as an Unapproved Behavioral Support Major Unusual Incident (MUI).



Path to Positive Intervention Culture

March 5, 2009

Prone restraints were banned in Ohio because their use was determined to place people with disabilities at a high risk for serious injury and death.

Jan. 1, 2015

The Behavioral Support Strategies rule (OAC 5123:2-2-06) went into effect, emphasizing that restrictive measures are only to be used to keep people safe and that efforts should be directed at creating opportunities for people to exercise choice in matters that affect their daily lives.

- Placing people in a prone position is a potentially fatal maneuver that reduces a person's ability to breathe. The dangers of restraint-related positional asphyxia are well documented.
- Should any person place themselves in a prone position while in a restraint, those applying the restraint shall immediately release their hold or any pressure that was being applied to prevent the application of a prone restraint.
- Prone restraint as an intervention can result in emotional or physical trauma for the person. The Department of Developmental Disabilities partners with the Ohio Department of Mental Health and Addiction Services to advance Trauma-Informed Care (TIC). TIC is an approach that explicitly acknowledges the role trauma plays in people's lives.