

Emergency Use of Manual Restraint & Positive Supports

Caregiver Learning Guide

How to use this guide: Read it alongside the lesson video, keep it as a quick reference on the job, and review it before taking the lesson quiz.

What you'll learn

- Understand why restraint is a last resort
- Know the two conditions that must be met for emergency manual restraint
- Use positive support strategies to prevent and de-escalate crises
- Know the reporting and review steps required after any use

Restraint is a last resort

Under Minn. Stat. 245D.061, emergency manual restraint may be used only to stop imminent physical harm, only as a last resort, and only in the least restrictive way. It is never a behavior program, punishment, or convenience.

The two conditions

Emergency manual restraint is allowed only when BOTH are true:

1. Immediate action is needed to protect the person or others from imminent risk of physical harm; and
 2. The restraint used is the least restrictive way to keep everyone safe.
- It must end the moment the threat ends.**

It is NOT

- Punishment or discipline
- Staff convenience or a substitute for staffing
- A behavior program or routine method

Positive supports come first

Most crises can be prevented. Learn each person's triggers and early warning signs, keep routines predictable, offer choices, stay calm, and use de-escalation. During a crisis, give space, reduce demands, and use known calming strategies — never use restraint as a first response or a prohibited hold such as prone restraint.

After any use of restraint

- Check the person's well-being and ensure safety



- Make a verbal report within 24 hours (245D.06)
- Complete the written report and internal review (245D.061)
- Use the event to prevent future crises

Legal references

Minn. Stat. 245D.061 (emergency use of manual restraints) · 245D.06 (protection standards; reporting) ·
Minn. Rules ch. 9544 (positive support).

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