



XDcuff REF102 Reusable Wrist Restraints User Guide

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DESCRIPTION OF PRODUCT

Soft wrist restraint for limiting arm movement. XDcuff® is designed to be pre-connected to the stretcher for fast restraint deployment when needed.

INDICATIONS

- Agitated patients whose actions disrupt life-saving interventions (e.g., preventing IV access, chronic tube pulling).
- Patients whose chronic pulling of supportive equipment prevents monitoring of vital signs and transport.

PRECAUTIONS

- DO NOT use on patient who is/or becomes highly aggressive, uncooperative, agitated, or suicidal, UNLESS the patient is continually monitored.
- Fracture or dislocation of the restrained limb.
- IV or injury site located at the wrist. · Always follow your agencies protocols when using limb restraints.

ADVERSE REACTIONS

Use of limb restraints can cause patients severe psychological and physical problems. If the patient is likely to cause further harm because of the use of restraints, consider contacting medical control for an alternate method.

WARNING: RESTRAINED PATIENTS SHOULD BE CONTINUALLY MONITORED PER AGENCY POLICY. IMPROPER APPLICATION OR USE CAN RESULT IN SERIOUS INJURY OR DEATH.

Additional warnings:

- NEVER alter or repair this product.
- ALWAYS inspect the product before each use: Check for broken threads or parts; torn, cut or frayed material; or buckles, or hook-and-loop closures that do not hold securely.
- Dispose of products per agency policy for biohazardous.

XDcuff® COMPONENTS - Use Wrist Restraints in conjunction with pre-installed **CSS**. Visit our **YouTube** channel (**xdcuff**) for helpful instructional videos.



Cuff Securement Strap (CSS) Attaches to stretcher **REF 104** (sold separately)

Stretcher Anchor (w/female buckle)
Attaches to stretcher and restraint



Reusable Wrist Restraint (w/strap and male buckle)
Attaches to **Stretcher Anchor REF 102**

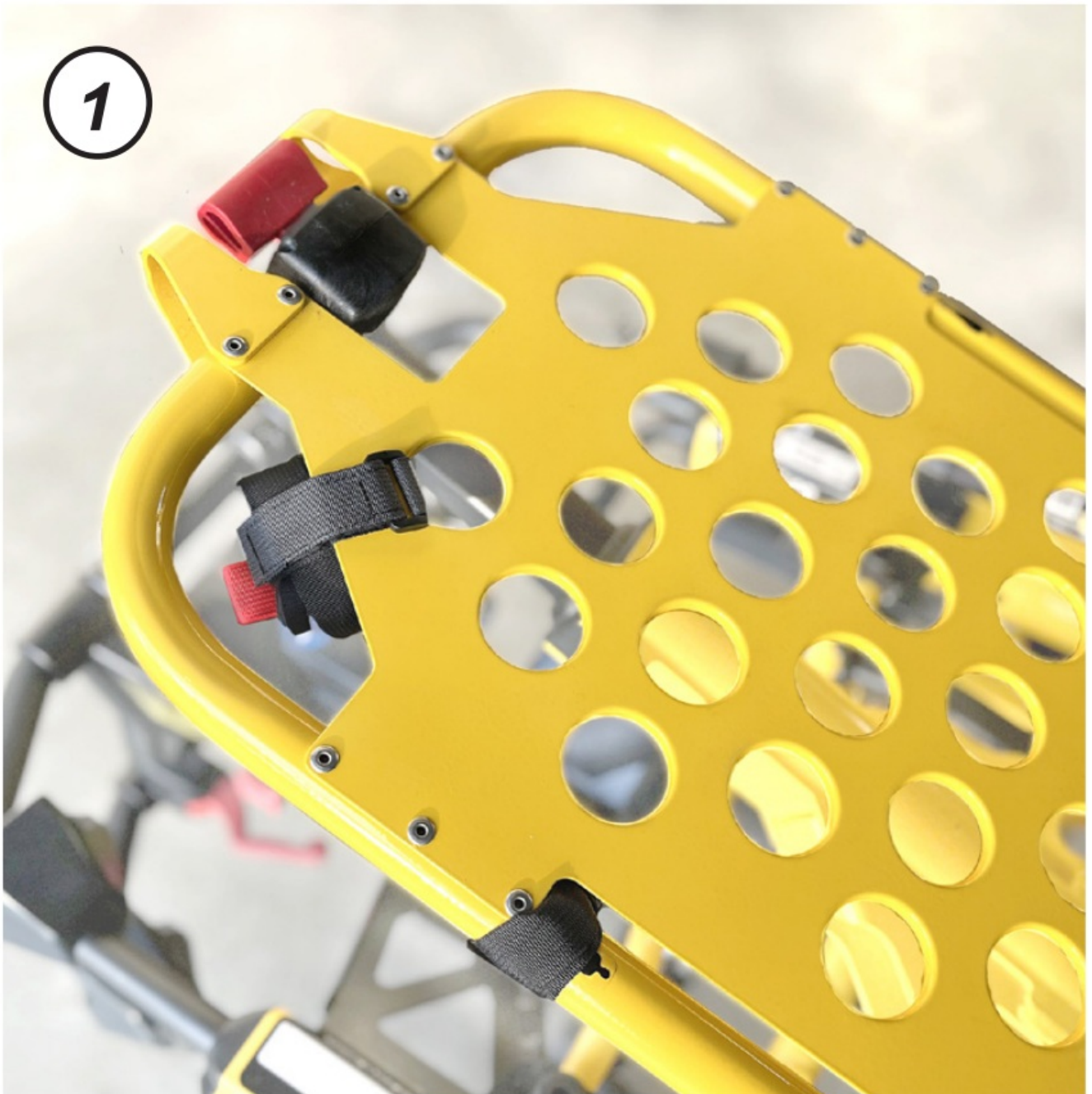
INSTALLATION

Use in conjunction and after installation of the Cuff Securement Straps [CSS]. For helpful user videos, goto our YouTube channel (xdcuff). XDcuff® can also be stored separate from the stretcher or anchoring position.

LEFT WRIST

This position is located on the foot lift portion of the stretcher, near the patients left foot.

1. Loop the stretcher anchor around the frame rail as shown and secure within the **XDcuff® Cuff Securement Strap (CSS)**.

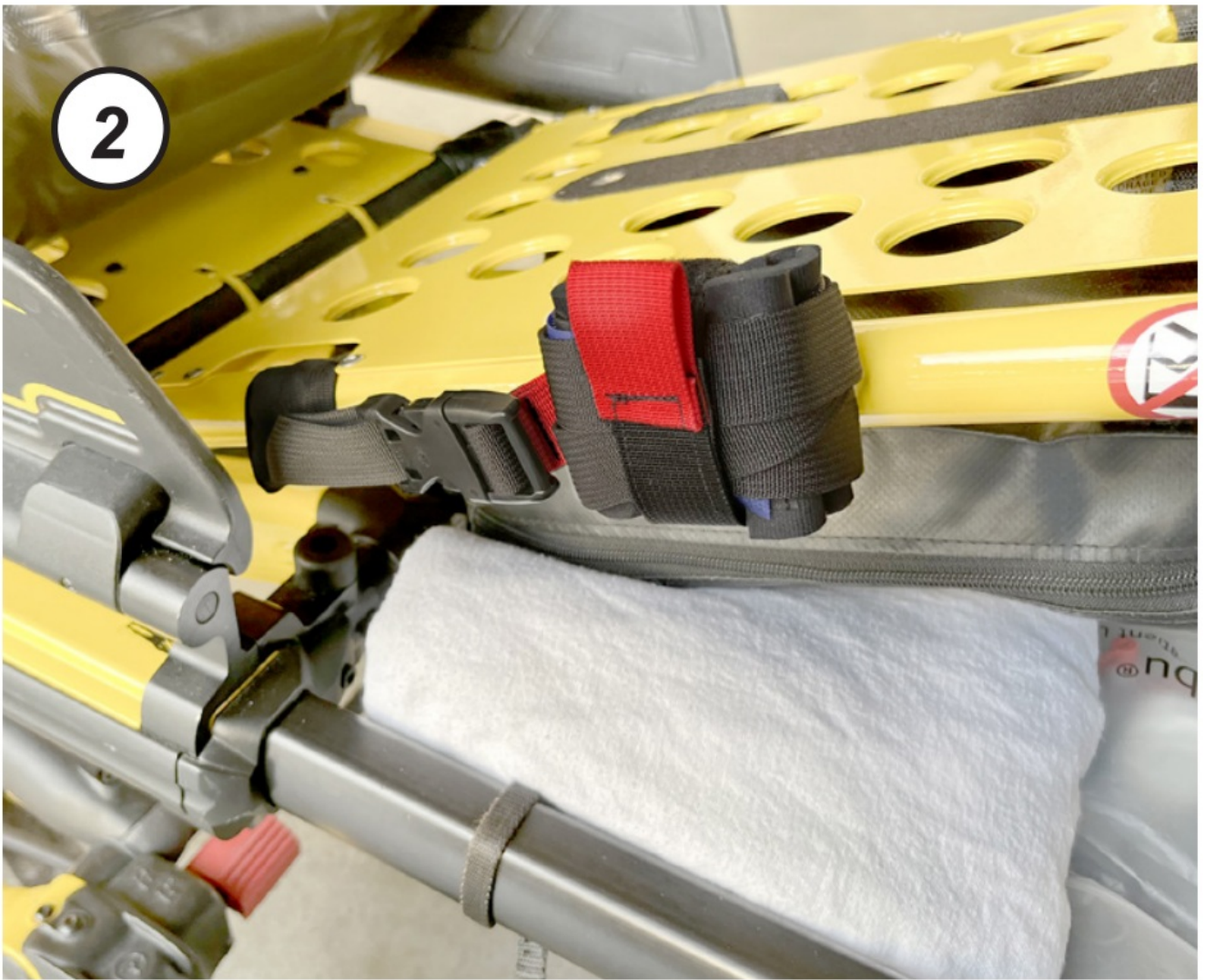


RIGHT WRIST

This position is located on the head lift portion of the stretcher on the patients left side.

2. As with the left wrist, loop Stretcher Anchor around frame rail as shown and secure within the **Cuff Securement Strap**.

If you would like both arms down, both wrist restraints can be applied on the foot lift portion of the stretcher as shown in **Fig 3** on next page.



Both wrist restraints can be applied on the foot lift portion of the stretcher.



APPLICATION INSTRUCTIONS

Repeat these steps for each limb.

1. When restraint is needed, remove the packaging and unroll the strap and cuff. *Ensure there are no twists in the strap before applying the cuff to the wrist. (This step prevents the strap from binding within the adjustable buckle.)*
2. Wrap the cuff around the wrist with the soft Neoprene portion towards the patient's skin. Attach the black hook-and-loop portions first, followed by the blue hook-and-loop portions as shown in **FIG 6**.



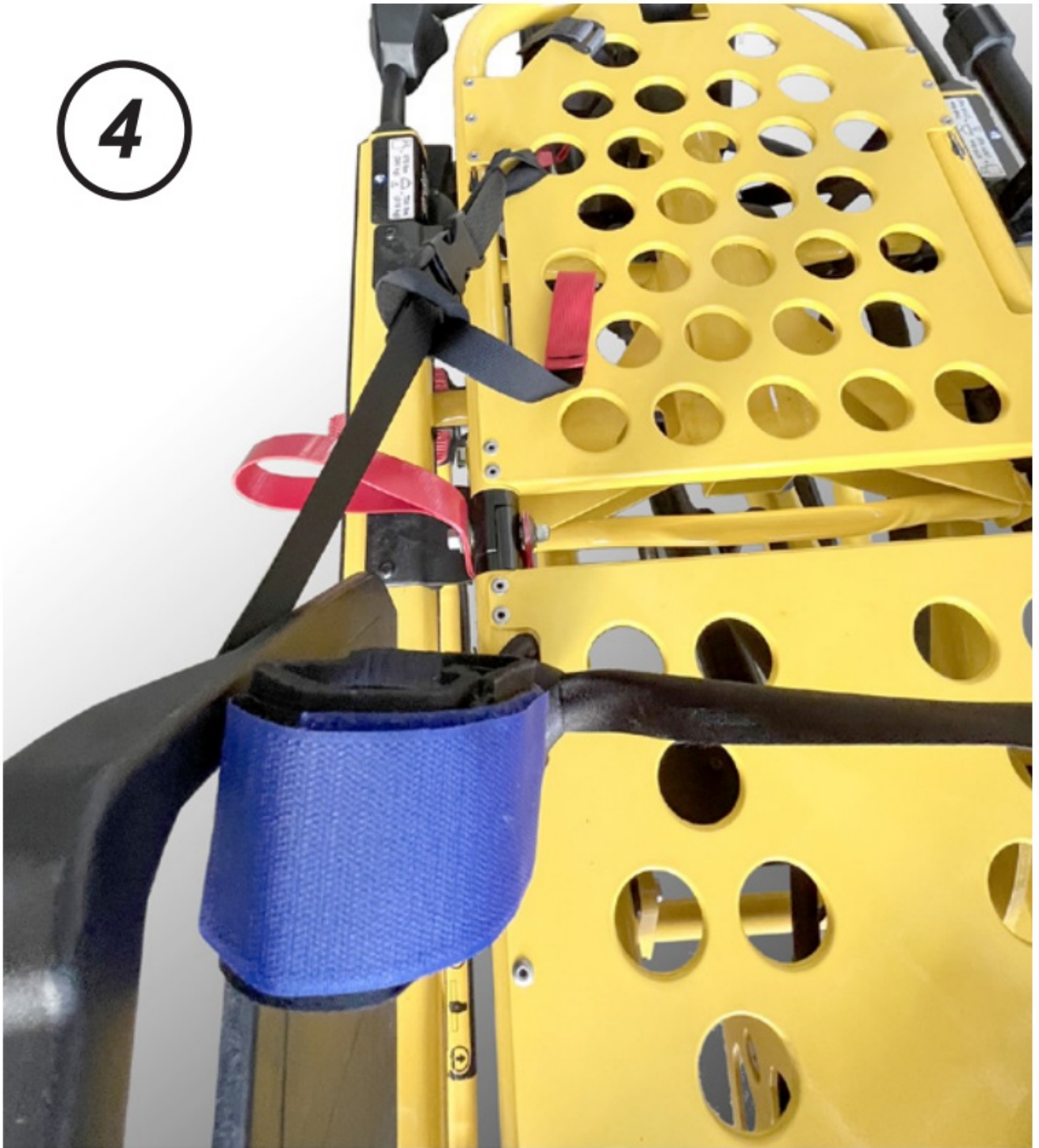
Ensure one loose, flat finger space is left between the Neoprene and the patient's wrist as to not interfere with circulation.

3. After the cuff is secured to the right wrist, disconnect the buckle and feed the buckle through the hole in the skin of the stretcher before connecting again as shown in **Fig 5**.



When the cuff is secured to the left wrist, disconnect the buckle and feed it through the hole in the XPS or arm rest, before connecting again as shown in **Fig 4**.

4



Cuff dimensions: Wrist 12" L X 2 ½" W (30 X 6 cm)

Cuff circumference: Wrist 6"-11" (15 -28 cm)

Strap length/material: Wrist 48" (124 cm) Nylon

Buckle: YKK® Mill Spec, heavy duty acetal plastic.
450 LB break strength

Cuff closure: Blue hook-and-loop fastener with Neoprene foam

WASHING INSTRUCTIONS

This product is machine washable under CDC* guidelines for materials soiled in blood or bodily fluid. Before washing, fasten all buckles and assure hook-and-loop closures are connected. Use a laundry bag to maximize product life.

For non-contaminated products clean with alcohol base wipe or wash at lower temperatures. If bleach is used, thoroughly rinse before drying.

Dispose of the restraint if grossly contaminated with blood or bodily fluid.

* www.cdc.gov



STORAGE: This device can be stored in ambient environments. Avoid excessive moisture or high humidity.

*For helpful vidos, please visit our [YouTube channel](#) or [Website](#) under *Secure Installation and Deployment*.*

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XDcuff®

XDcuff® - MADE IN THE USA
Patent Pending 

Documents / Resources



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REF102, Reusable Wrist Restraints, REF102 Reusable Wrist Restraints

References

- [CDC Centers for Disease Control and Prevention](#)
- [XD Stretcher Integrated Limb Restraint System | Daytona Beach | XDcuff](#)