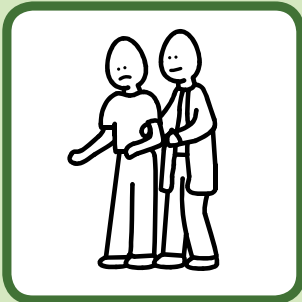
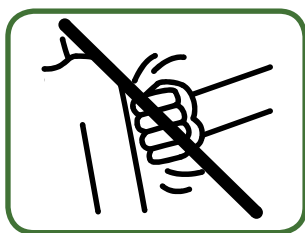


Danshell

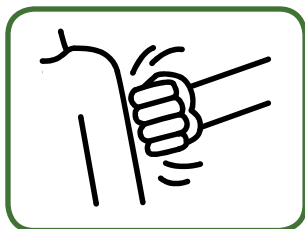
Let's talk about how you feel if you see a restraint



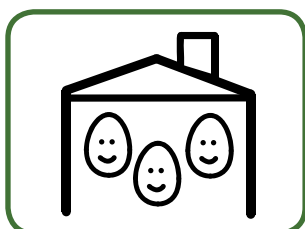
First remember that



- No one should hit another person

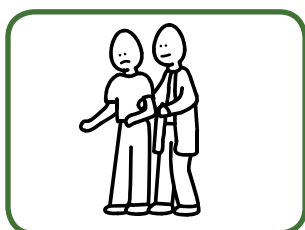


- Sometimes a service user may lose control and hit out

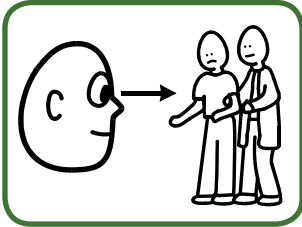


- Staff cannot let this happen. Their job is to keep everyone safe

So

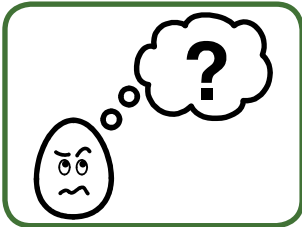


- If a person hits others or hurts themselves. Staff may need to hold that person. This is called **restraint**
- Staff will always try to move other service users to a safe place
- They will try to support the person who is hitting, as privately as possible



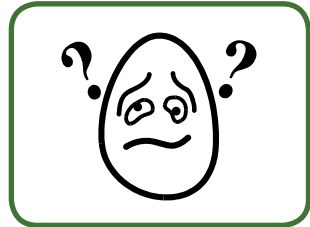
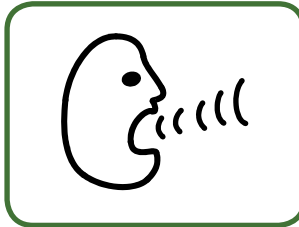
But

- Sometimes service users see another person being held in a **restraint**



- It can be hard to understand what is happening

- It can be very busy, noisy and confusing

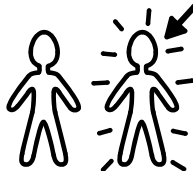
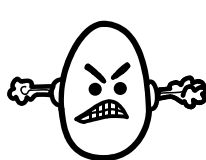


You may feel

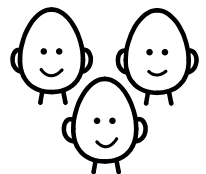
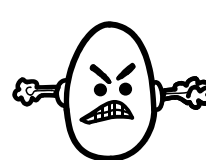
- frightened

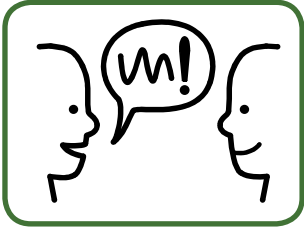


- or angry with the person



- or angry with staff

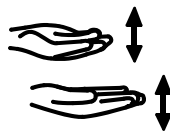




Remember

- If you are confused, frightened or angry about anything you see talk to a member of staff you trust
- If you want to know more about restraint like why it happens and how it should be done just ask

How well do you understand restraint now?



Your Notes

A series of horizontal dotted lines for writing notes.

Your Notes

A series of horizontal dotted lines for writing notes.



Danshell

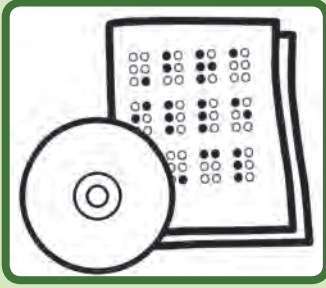
1 Manchester Square
London,
W1U 3AB



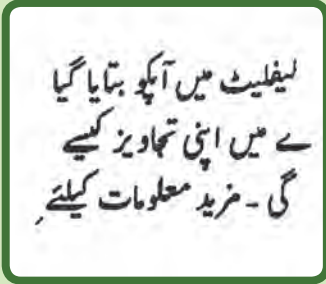
Tel. 0207 487 0060



info@danshell.co.uk



You can get this leaflet in other ways like
on CD or in Braille.



You can also get this report in different
languages.

Written and designed by Jane Macer
in partnership with the Danshell
Communication Group at Monroe House,
Dundee

The Picture Communication Symbols ©1981–2011
by Mayer-Johnson LLC. All Rights Reserved Worldwide.
Used with permission.