‘The WRAP’
Application Manual

“Dedicated to protecting and saving lives!”
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Introduction

The WRAP restraint was invented by law enforcement and medical professionals to improve the method of safely restraining an individual. As a result, Safe Restraints Inc. was founded. For over two decades Safe Restraints, Inc. has developed the safest and most effective restraint systems in the industry.

“The WRAP” restraint is designed to allow personnel to quickly stop conflicts, achieve faster de-escalation, and provide medical care while subject is secured in an upright/seated position of respiratory recovery. It is currently used by over a thousand local, state and federal law enforcement agencies, correctional and medical facilities around the world. We would like to thank the Law Enforcement and Medical Professionals for their contributions over the years to The WRAP and its evolution.

Safe Restraints is committed to providing training, training videos, sample policies, lesson plans, training outlines and other support through our website. (www.saferestraints.com) Safe Restraints, Inc. also provides referrals for medical, legal, and professional expert support.

Safe Restraints, Inc. currently manufactures, distributes and provides training on The WRAP Restraint, The Harness and The CART. This manual addresses the application and proper use of The WRAP Restraint.

Agencies currently using Safe Restraint’s products include but are not limited to:

- Local Police Dept.
- Federal Police
- Medical Facilities
- Federal Prisons
- County Sheriff’s Dept.
- Community Corrections
- County Jails
- Psychiatric Facilities
- State Police Agencies
- Parole & Probation Departments
- State Prisons/State dept. of Corrections
- Federal Law Enforcement

Disclaimer

The WRAP should only be deployed or coordinated by persons trained in its safe and proper application. Safe Restraints assumes no responsibility for the improper application of The WRAP.

Safety Considerations

Reducing Exposure to Infectious Contaminants:

The WRAP reduces the amount of physical contact personnel have with a combative individual therefore reducing exposure to bodily fluids, viruses and bacteria.

Respiratory Recovery:

Use of The WRAP Restraint System helps in respiratory recovery by quickly and safely securing the person in a position of recovery (upright/seated or laying on their side).

Medical Attention:

Upon immediate application of The WRAP, the subject should be assessed for any safety, care and/or medical considerations. If a restrained subject complains of or exhibits any medical concerns, seek immediate medical attention. Note: If needed, various medical treatments can be provided while the subject is restrained in The WRAP.

Some examples of health concerns that should be immediately addressed are:

- A respiratory or pain complaint by the subject
- Respiratory Distress (i.e. coughing, gasping, gagging, shortness of breath)
- Sudden quiet or inactivity (especially after a violent struggle)
- Chest pains, shooting pains down the arm
- Change in facial color
- Elevated body temperature (I’m burning up!)
- Vomiting
- Suspected drug behavior
- Sweating profusely
- Emotional Distress

Questions? Need Assistance in training, research or other support? Please call us at (800) WRAP-911 (972-7911) or info@saferestraints.com.
General Precautions:

- The effectiveness of The WRAP is maximized when deployed as early as possible to stop the resistance, position the subject for respiratory recovery and provide medical care.
- The priority of personnel when utilizing The WRAP should always be centered around a short conflict, timely medical care and a focus on safety and the preservation of life.
- A system of monitoring should be in place to ensure the health and safety of the restrained individual.
- Throughout the application, do not apply any pressure to the neck.
- Avoid applying pressure to the back/upper torso in a manner that reduces the ability of the subject to breathe.
- After the WRAP has been applied, make adjustments for security, respiratory ability and/or comfort of the subject as needed.
- The WRAP is a temporary restraint system designed to provide emergency stabilization. Like all restraints, you must assume it is not escape-proof.
- Caution should be taken to avoid any bands/straps getting tangled around the subject’s neck.
- The timely evaluation of the subject for medical needs is critical to reducing health risks and preserving life.
- When removing The WRAP, make sure to secure the equipment in an area not accessible to the subject or others in the immediate area.
- When bodily fluids are present follow agency cleaning protocols.

Department Users and Community Feedback:

Traditional tactics in controlling a combative subject can result in extended face down control. This can result in respiratory issues for the subject and the need for continued use of force. Extended struggles can also result in fatigue to both personnel and the individual creating increased medical risks.

The use of the WRAP was invented to address these issues and reduce the risks to all parties involved. Because it can produce shorter conflicts with an upright/seatd position of recovery and timely medical care for the subject, feedback from department personnel, bystanders and even restrained individuals have reported observations and experiences of “subject calming down faster”, “respect”, “humane care” and a focus on “medical care/preservation of Life”.

Safe Restraints, Inc is dedicated to providing support services to help agencies maximize the benefits The WRAP provides in protecting and saving lives.

‘Train the Trainer’ Course Options

Face-to-face Instructors Course
Safe Restraints, Inc. provides a master instructor to teach an Instructors (train the trainer) course at your location for your agency. Course certificate and training material are provided upon completion. Course length 2-4 hours.

Remote Live Webcam Training
An alternate option: Safe Restraints, Inc. connects with your agency via live Internet webcam and conducts (train the trainer) training remotely. Course certificate and training material are provided upon completion. Course length 2-4 hours.

The WRAP meets or exceeds known POST and Lexipol training and policy standards guidelines.

For more details, please contact us at www.saferestraints.com or call us at (800) 972-7911.
The WRAP Equipment Overview

The WRAP:
Designed to fit virtually all.

Complete system includes:
• Ankle strap.
• Leg restraint includes stainless steel locking buckles with front security ring and carry handles.
• Safety harness with rear storage pocket for holding spit masks and safety gloves. Harness also includes a rear carabiner securing handcuffs, along with stainless-steel locking buckles.
• Tactical bag with hands-free shoulder strap.

Note: Custom sizing and modifications available upon request.

Proper Packing of The WRAP for Deployment

We encourage The WRAP to be packed correctly after each use to maximize the application efficiency and familiarity of the equipment. This section covers packing directions of The WRAP.

• Extend the buckles approximately 6 inches from the end of each band. Then fold that 6-inch section back onto itself.

• Pick up the buckle and fold it over onto the center steel rod in the middle of the leg restraint.

The purpose here is to keep the bands from becoming tangled, while not allowing the Velcro at the end of each band to connect to the leg restraint.

• Next, roll the leg restraint like a 'bed roll' toward the stainless-steel buckles.
• Now secure the ankle strap around the leg restraint.

Tactical Tip: Off-set the strap for easier removal.
The WRAP Application

The WRAP is applied by two to four personnel depending on the level of resistance. The following illustrations show a three-person application. See Application Variations on page 9, for two and four personnel application instructions.

RECOMMENDATION

Safe Restraints, Inc. strongly recommends that the subject be prone, faced down, with the hands cuffed behind the subject’s back before applying The WRAP. As previously stated, do not apply any pressure to the neck and do not apply pressure to the back in a manner that reduces the ability of the subject to breathe. It is essential to minimize the time the subject is restrained face down. As soon as able, apply the harness and move subject to an upright/seat position of recovery to reduce the possible risks associated with respiratory fatigue and provide medical care as needed.

STEP 1 – Apply Ankle Strap

• Cross the subject’s ankles.
• Apply the ankle strap (yellow side touching the legs) firmly around the crossed ankles snug enough so that subject cannot uncross their ankles.

The ankle strap is the first step in gaining safe control of a subject by reducing the movement of the legs.

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Harness has a ‘yellow-flap’ pouch that you can store spit-masks, protective gloves and other safety items that may be needed. Replace any needed equipment into this pouch.

• Unlock caribiner to the ‘receiving position’ so it is ready to accept handcuffs during application.

• Place harness face down and spread out all bands.
• Make sure all buckles are approximately 6 inches from end of each band.

• Fold all bands to the middle of the harness so that they do not tangle or become knotted.
• Then fold harness in half to be placed in carry bag.

Optional Packing of Harness in the bag:
• The harness can be placed in the bottom of the bag and the leg restraint is placed directly on top of the harness OR the harness can be placed in the storage compartment.
• The WRAP is now prepared and ready for deployment.

Note: The extra compartment in the WRAP bag is also storage of safety items that may be needed such as spit masks or rubber gloves.
**STEP 2 – Position Leg Wrap**

Maintain control of the subject’s upper and lower body. Slide the leg restraint under the subject’s legs. Position the knees on the markings labeled “KNEES HERE” and the word “TOP” nearest the upper body.

*Note: An additional ‘positioning tip’ can be identified by aligning the top of the restraint below the subject’s groin.*

**Tactical Tips:**
- Use the carry handle on the ankle strap to lift the legs and slide the leg restraint into place.
- Upon lifting the legs, a slight pull ‘backward’ restricts the ability of the subject to kick.
- If possible, deploy The WRAP from the subject’s right side with the bands extended out. This positions the three bands for easy access.

**STEP 3 – Secure Leg Bands**

- While maintaining control of the subject, secure and tighten the leg bands. Start with the band closest to the feet, moving upwards towards the subject’s hips until all three bands are secure. Securing the band closest to the feet first eliminates the ability to kick sooner.
- Repeat steps as needed.

*Tactical Tip:* For additional securing of the leg bands, turn the subject onto their side and tighten the bands accordingly. Do not overtighten.

**STEP 4 – Apply & Secure the Harness**

- Maintain control of the subject and place the harness on the subject’s back.
- Drape the shoulder straps over the person’s head so their head is between the two yellow straps.
- The word “BACK” should face outward.
- Insert handcuffs into the carabiner at the bottom of the harness. Carabiner designed for linked or hinged handcuffs.
- Lock carabiner by twisting lock until snug.
- Support the head of the subject and roll into a seated position of recovery as soon as possible.
- Feed the straps through the arms and attach to the locking buckles. Secure the straps. Do not overtighten. The harness is designed to support the upper body and to enable the ability of the subject to breathe.
- Maintain control of the subject’s head ‘up’ for safety and to enable breathing. This also prevents them from biting or headbutting personnel. Avoid pressure on or around the neck.
- Attach the tether lead of the harness to the buckle on the body of The WRAP (located below the bottom band by their feet).
- Pull the tether strap BACK TOWARDS THE PERSON’S BODY until the subject is upright.
- Caution: Do not over-tighten. When the harness application is complete, the subject is able to lean back and there should be a gap between the body and the harness so the subject can breathe freely.

The subject is now secured in The WRAP and is ready to be assessed, evaluated and provided timely care.

**Adjusting The WRAP**

Adjust the harness and/or leg restraints for security or comfort reasons as needed.

The subject is now secured and ready for transport.

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**Tactical Tips:**

- Use storage pocket on back of harness to store spit masks/guards or gloves for quick access.
- A spit mask can be applied before, during or after The WRAP has been applied.
- When controlling the upper body, avoid pressure to the spine or neck and control the head in an upward position to maximize the ability of the subject to breathe.
- The security buckles are designed to be released with a cuff key or small object like the tip of a ballpoint pen by inserting it into the 1/4-inch hole on the metal cover and pressing inward.
- Once the person is seated upright in a position of recovery and the harness secured, the person may remain upright or be placed on their side as the situation dictates for maximum safety.

**Pregnancy Exception:**

Persons who are known to be pregnant should be restrained in the least restrictive manner that is effective for officer and individual safety. Many states/countries have specific laws or guidelines regarding the restraint of pregnant individuals. It is imperative that these guidelines be followed.

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**WRAP Application Variations**

The WRAP is typically applied by two to four people. One person normally controls the upper body while the other personnel control the legs and apply the ankle and leg restraint. As the situation may dictate, the application of The WRAP may require additional personnel depending on the amount of resistance encountered. In that situation, adjust personnel as needed. These tactics are suggestions only and may vary due to the resistance encountered or agency policy.

**Two-person application**

- After the subject is handcuffed, one person maintains control over the lower body while one or both apply the ankle strap and leg restraint.
- Once the legs are secure, both personnel can proceed with applying the harness.

**Four-person application**

- One person controls the upper body.
- Second person controls the feet.
- Third and fourth personnel are at each side of the subject’s legs and apply the ankle strap and leg restraint.
- Once the legs are secure, proceed with applying the harness.

**Tactical Tips:**

- Coordinating the application of The WRAP among personnel at the scene is critical. The person controlling the upper body is usually in the best position to coordinate the application.
- It is important to have an overall familiarity with The WRAP equipment, its safety benefits and overall functionality. This will allow personnel to adapt and adjust to each individual situation as needed and still have a safe and effective WRAP application.

**Custom Size Models**

Custom sizing and modifications of The WRAP and WRAP Equipment are available upon request. The application and safety guidelines are the same regardless of the size of the equipment unless specified by Safe Restraints, Inc. or department policy.
Transport

Whether in the field or in a controlled environment, the subject will need to be lifted off the ground and placed into an EMS vehicle, a patrol vehicle or The CART.

Lifting the restrained subject:

With two personnel:
- Each person should lift the subject under the arms with one arm and grab a carry handle with the other.

With three personnel:
- The third person should lift the legs via the handle on the ankle strap.

With four or more personnel:
- For four or more personnel, use the additional carry handles on the leg restraint.
- Care should be taken to avoid dropping or injuring the subject.

Safety Considerations:
- Once the person is properly placed in the WRAP, communicate with the subject to assess if any adjustments to The WRAP are needed. Provide timely medical care as needed. Some medical care can be provided while the subject is in The WRAP.

Standard Vehicle Transport in The WRAP

Other than in an EMS vehicle, restrained individuals are usually transported in the rear of a patrol vehicle.

- Subject is directed ‘feet first’ into the rear of the patrol car while being held by two personnel at the arms.
- The subject’s feet are first placed on the seat and then they are pulled through the back of the vehicle so they are sitting ‘across’ the back seat.

- After subject is pulled through, the personnel by the feet positions the legs forward toward the front of the vehicle to maximize chest exposure for the seatbelt.
- The seatbelt then goes under the arm or over the shoulder (which ever provides for the safest application) and is locked into place.

Note: If subject is transported in a vehicle other than a patrol car or EMS van, make sure that the subject is safely secured.
Removing The WRAP
To remove The WRAP, reverse the application procedure. It may be necessary to ease the tension of the tether strap (the strap that connects the harness to the legs). Unlock the security buckles by inserting a cuff key or small object like the top of a ballpoint pen into the 1/4-inch hole on the metal cover and press down. Once removed, clean as needed and properly pack The WRAP.

Cleaning
When needed, hand clean with soap, water and a soft bristled brush. Protective face, and hand equipment is suggested. An appropriate amount of bleach may be added. Air dry. To avoid damage to washers and dryers, do not put WRAP equipment in these machines. The WRAP can also be sanitized through a local crime scene cleaning service.

Time of Restraint in The WRAP:
Personnel need to follow agency guidelines or policies. Unless otherwise noted by the agency, The WRAP is appropriate for continued use as long as a danger exists for the subject, personnel or property. A system for monitoring the subject should be in place. For longer periods of restraint, to maintain safety and security, a plan for routine/scheduled ‘range of motion’ actions should be in place. The monitoring details and scheduling of ‘range of motion’ actions are determined by each department.

Range of Motion Options:
When the subject reaches the need for a range of motion action both leg and arm mobility is possible while maintaining safety and security.

For Leg Range of Motion:
• Loosen the band behind the legs, closest to the feet approximately 90 percent (or as needed) and then re-buckle band.
• Loosen the middle band approximately 75 percent (or as needed) and re-buckle band.
• Secure any excess length of tether strap.
• Additional length to the bottom and middle bands can be extended as needed to achieve the desired leg range of motion.
Arm Range of Motion

- Using the second security ring in the rear of the harness, take a second set of handcuffs and secure one wrist to that ring. This will allow you to remove handcuffs from the other arm and achieve range of motion.
- To achieve range of motion with the opposite arm, simple reverse the process of handcuffing one hand to the additional security ring and move released second arm as needed.

Tactical Tip:
- When handcuffing one hand at a time to the security ring, it is suggested to put both cuffs on the same wrist to keep ‘range of reach’ short.
- When cuffing two cuffs to the same wrist, position ‘key holes’ on the handcuffs facing outward.
- Extra precaution should be taken by personnel when using this feature as the individual could have access to the buckles.
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