

WHAT IS PHYSICAL RESTRAINT?



Physical restraint is the use of physical force to prevent, restrict or subdue the movement of a person's body or part of their body. Students are not free to move away when they are being physically restrained.

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Physical restraint of a student is not permitted within any Victorian government school except in an emergency situation.

Ensuring physical restraint is only used in emergencies:

- reduces the risk of injury to students and staff
- adheres to duty of care responsibilities to students and staff
- complies with legislative requirements
- ensures students feel safe at school.

An emergency situation is when the behaviour of a student poses a threat to their own safety and/or to the safety of others. The physical restraint **must** be 'reasonable'.

School leaders should ensure staff debrief immediately following an emergency in which physical restraint has been used, acknowledging that such incidents can be traumatic.

School staff involved in an incident of physical restraint are encouraged to contact the Employee Assistance Program for counselling support following an incident.

Every incident of physical restraint involving a student **must** be discussed with the parents/carers of the student.

Everyone involved in the incident **must** receive support, those involved and witnesses.

REPORT EQUALS SUPPORT

School reports of incidents involving physical restraint of students will result in Area contact with the school to review the incident and ensure that support for the student and school are provided.



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