

Brighter Futures Academy Trust

Physical Intervention Policy



Name of Policy Writer/Amendments	Date Written/Amended	Next Review Date
L. Johnson	July 2013	July 2014
L. Johnson	May 2014	July 2015
L. Johnson	August 2015	August 2016
L. Johnson	December 2016	December 2018

If a child has lost all self-control and is either about to attack someone or something or about to run and put themselves in harm physical restraint may need to be used as a last resort. Because they are so worked up and tense, they will have a great deal of strength and energy, and even small, slight children will be very difficult to manage.

As all the other strategies have failed, and the child has “lost it” then the teacher/carer’s responsibilities are as follows:

- to prevent injury/harm to the child themselves
- to prevent injury/harm to other children
- to prevent injury/harm to themselves
- to prevent serious damage to property

Decision-making

The adult must be prepared to make judgements and act according to the need:

- do something quickly
- prevent risk to people and property

It is always helpful to have other staff to be a witness to the circumstances, and to help if required.

Procedures

- They should use **reasonable force** in order to control the child and prevent any further damage to him/herself or others.

Reasonable force” is that which cannot be interpreted by an independent observer as a physical assault or a sexual contact.

- Child should be warned that restraint will be needed before it is carried out.
- It should be the least physically demanding level of force, as is required to control the child.
- It should not put the child at risk of more physical harm (e.g. choking with strangle holds, breaking fingers or arm when hands or arms are twisted etc).
- As soon as it is safe, any restraint should be relaxed.
- Other colleagues should be called to assist/witness the restrain being taken.
- Restraint should not be used to make the child comply, where there is no risk to others or property.
- The whole incident should be discussed with a manager and recorded, and the outcome shared with the child’s parents.
- If you’ve had to restrain a child, then when they have calmed down, do not verbally carry out a “post-mortem”, as this will probably increase the child’s arousal and return to the attacking state.
- On another day you may choose to discuss what had initiated the rise in arousal, and ways in which he was controlled and/or controlled himself.
- Adult having to restrain a child will suffer a stress reaction and need to talk to other about these feeling to their colleagues and or managers.

Appendix 1 – Recording sheet

Dissemination and Review

This policy, once approved by the local governing body, will be reviewed annually.

This policy should be read in conjunction with the P.S.H.C.E., Child Protection and Safeguarding policies.

Physical Restraint Record (appendix 1)

Name of Pupil:	Date, Location and Time:
Reason for Physical Intervention:	
Description of Intervention Used:	
Person/s Intervening:	
Witnesses:	
Description of what witnesses saw:	
Discussed with parent/carer and subsequent action taken:	
Signed/dated (staff member/s):	
Signed/dated (parent/carer):	