

# Twice-As-Tough™ Cuffs 2790, 2790Q (Wrist) CHECKLIST



Facility		Contact	
Facility Name		Name	
Street Address		Title	
City/State/Zip		Nursing Unit	
Instructor		Date	
Signature			

Description	Competency Level	Date	Comments
Competency Level Definition - (1) Needs remediation and re-evaluation, (2) Performs skill with accuracy under supervision, (3) Performs skill with accuracy independently			
<b>2790</b> Wrist pair; double strap (color-coded blue) <b>2790Q</b> Wrist, pair, double strap with quick-release buckles (color-coded blue)			
<b>APPLICATION INSTRUCTIONS:</b> <b>⚠WARNING</b> <b>Connecting Straps</b> Before each use, check cuffs and straps for cracks, tears, and/or excessive wear or stretch; cracked or broken buckles or locks; and/or that hook and loop adheres securely, as these may allow patient to remove cuff. Discard if device is damaged.  If you have any questions about patient safety, ask the appropriate medical authority for alternatives.  <b>NOTE:</b> ALWAYS secure both wrists to help prevent patient release.			

Rx ONLY

Before use, make sure to read the instructions accompanying the product. A copy of the instruction sheet is included with the product and can also be downloaded at [www.posey.com](http://www.posey.com).

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Competency Level Definition - (1) Needs remediation and re-evaluation, (2) Performs skill with accuracy under supervision, (3) Performs skill with accuracy independently			
<p>1. Use method a. or b. below to attach straps to the bed (repeat steps 1-2 on each side):</p> <p>a. Triangulation process; to restrict patient's range of motion: Separate the straps and attach them at different points along a movable part of the bed frame, out of the patient's reach.</p> <p>b. To increase patient's range of motion: Place the straps together and attach to a single point along a movable part of the bed frame, out of the patient's reach.</p>			
<p>2. 2790 - Wrap the connecting strap to the frame by pulling the strap back between the first and second D-ring, or attach with a quick-release tie.</p> <p>2790Q - Wrap the connecting strap once around a movable part of the bed frame, out of the patient's reach. Close the quick-release buckle. Listen for a "snapping" sound. Pull firmly on straps to ensure a good connection.</p>			
<b>Applying the Cuffs</b> (repeat steps 1-2 for each limb)			
<p>1. Wrap the neoprene piece (the blue side should be positioned against the skin) around the wrist. Attach the black hook and loop pieces together, followed by the blue hook and loop pieces. The fuzzy piece should be sandwiched between the two pieces of hook. Be sure to overlap at least one inch (3 cm).</p>			
<p>2. Press the hook and loop closure together firmly and make sure it adheres securely. Slide ONE finger (flat) between the cuff and the inside of the patient's wrist to ensure proper fit. The cuffs must be snug enough to prevent escape, but not interfere with circulation.</p>			
<p>3. 2790 - Pass the end of the limb strap over the top of the cuff and through the two D-rings on the cuff. Bring the strap back over the first ring and through the two D-rings on the cuff.</p> <p>2790Q - Release the quick-release buckle, twist, and reconnect. Listen for a "snapping" sound. Pull firmly on straps to ensure a good connection.</p>			
<p>4. Adjust the bed strap(s) to allow desired freedom of movement, without compromising patient or caregiver safety.</p>			