

## Restraint and Seclusion (Full Course) Quiz Answer Key

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|---|---------------------------------|
| 1. The goal of restraint and seclusion is to allow the person to calm down and to prevent injury.   | 1. True                         |
| 2. There are three main kinds of restraints: mechanical, biological and physical.   | 2. False                        |
| 3. A restraint that restricts breathing is occasionally permissible.  | 2. False                        |
| 4. Physical restraint can cause:  | 4. all of the above             |
| 5. Seclusion is just another word for a time-out.   | 2. False                        |
| 6. Unlike restraint, seclusion is considered to be a safe and risk-free approach to handling emergency situations.  | 2. False                        |
| 7. Staff members must be trained specifically to use restraint:   | 3. only in emergency situations |
| 8. There's no scientific basis for using restraint and seclusion.   | 1. True                         |
| 9. Uses of restraint and seclusion should only be documented if someone gets injured.   | 2. False                        |
| 10. De-escalation techniques are used to disengage and diminish conflict so that it doesn't lead to increasing anger or frustration.                            | 1. True                         |
| 11. Nonverbal techniques such as standing at least a foot and a half away from the student can be as important as what you say when trying to prevent a crisis. | 1. True                         |
| 12. If you don't know your district policy, you can ask for help from:  | 4. all of the above             |