

TG-001-18

Basic Handcuffing Techniques



**A
PSS Security
Training
Guidebook**

Security Training Guide 001-18

BASIC HANDCUFFING TECHNIQUES

In Accordance with IACP and NIJ Guidelines

This booklet is part of a professional educational series prepared by Personal Safety Systems. For information regarding the complete series, please feel free to contact us at

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Why Do We Use Handcuffs?

- To reduce the incidence of injury to others, ourselves, and the offender
- When we perceive a flight risk.

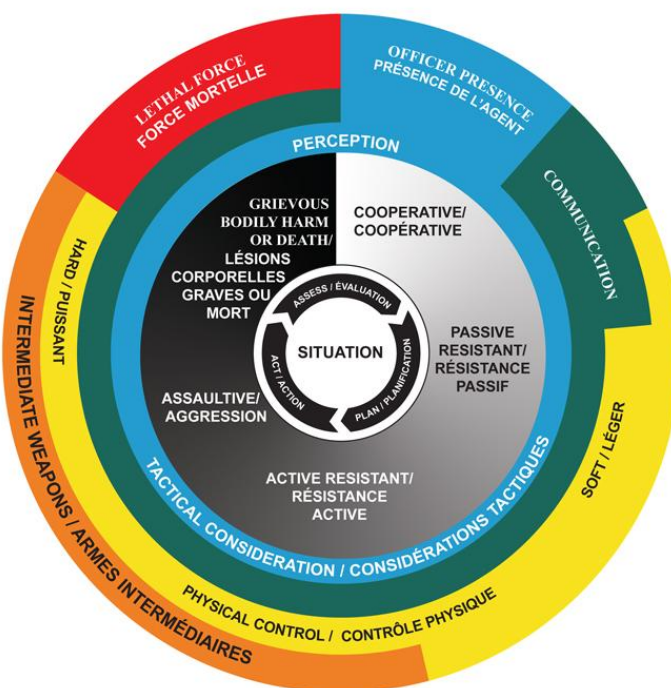
In each situation where we are forced to employ physical force to stop an assault or control the subject, the confrontation should end with the subject being restrained.

When Don't We Use Handcuffs?

- When there is no chance of injury to others, us, or the offender
- When there is no flight risk
- As a punishment.

Handcuffs are a weapon. As such, the improper use of your handcuffs may cause extreme pain and possibly long term physical damage. To improve your odds of never having to face litigation or criminal charges, it is imperative to understand this handy tool.

The use of handcuffs as a temporary restraining device may prevent our having to increase a use of force response by removing the ability of an offender to escalate the situation.



Force Options

A misconception of those who do not understand the Use of Force Continuum is the assumption that you must exhaust every lower option before moving to a higher level response. Such thinking is both naive and dangerous. The purpose of the Continuum is to give you a guide to selection of reasonable force options. There is no requirement to attempt implementation of each lower level alternative, although communication techniques should be used throughout.

In evaluating techniques, a final consideration must be made to insure your safety. This involves your ability to instantly disengage or escalate in response to a confrontation. Techniques which tie you to a

subject must be rejected. Techniques which do not allow the ability to escalate the force option in response to a subject's threat are unacceptable.

Totality of the Situation

All actions, relational factors between parties and conditions surrounding the street confrontation comprise the Totality of the Situation. These include the Human Factors and the Special Circumstances listed on the following pages. Each relevant condition relates to the confrontation in determining the officer's course of action.

Human Factors

Age
Skill Level
Gender
Multiple Staff
Multiple Subjects
Size
Fitness

Special Circumstances

Proximity to a firearm/weapon
Special Knowledge
Injury or exhaustion
Ground position
Disability
Imminent danger

It is reasonable that a discrepancy in the age, gender, physical size, fitness or skill level of individuals involved in the confrontation may mandate that you use more or less force to control the situation. In a similar manner, it would be reasonable for you to use more force in controlling a situation when confronted by multiple subjects.

In addition to Human Factors, a confrontation may include Special Circumstances which would allow you to increase the use of force.

A subject in close proximity to a firearm or other weapon creates an increased danger to you which must be dealt with immediately. You may have special knowledge of a subject's skills that would require the use of increased force. You might be injured, exhausted, on the ground, disabled or in imminent danger, and would be justified in escalating through the use of force options.

Restraint

In each situation where you are forced to employ physical force to stop an assault or control the subject, the confrontation ends with the subject being restrained. Defensive measures should not be viewed as distinct disciplines of escort, pain compliance, mechanical control, baton, firearm or handcuffing. As a result, all defensive techniques ultimately end with the subject being restrained. Restraint of the subject after control must be viewed as part of all Use of Force training.

As a matter of law, any individual who chooses to restrain someone may be charged and found responsible for the intended or unintended impact. Some complications of restraint are:

- **Positional Asphyxia**

The term asphyxia, roughly speaking, means a restriction of breathing and other process that interferes with the natural transport of oxygen and carbon dioxide in and out of the body.

Positional asphyxia is a term used to describe the placement of a body in a position that interferes with the ability to breath. Breathing can be restricted by compression of the chest or abdomen as well as restricting or blocking the airway. In addition, restraining, lifting or moving someone can also cause an individual to tighten their muscles and thereby restrict breathing. Most people will tense their muscles when restrained or moved forcefully against their will. In a case of restraint asphyxia, the cause of death is usually a combination of exhaustion, exertion, fear and restricted breathing due to restraint or the use of force. The cause of death in positional asphyxia may involve restraint but is more likely associated with leaving an exhausted, unconscious person in a position that results in asphyxia. Restricted breathing as the cause of death may lead to charges of manslaughter and even murder.

- **Radial Nerve Impingement**

Another complication is **compression of the outer radial nerve**, which is found close to the skin surface, at the radial condyl of the wrist. This compression may cause a short lasting paralysis (2-3 hours) of the thumb and index finger. It may also cause damage which lasts for years.

Responsibility and Liability

As a matter of law, any individual who chooses to restrain someone may be charged and found responsible for the intended or unintended impact. For this reason alone, any use of force and restraint should be necessary, reasonable and valid. When there is a restraint related death, the responsibility and culpability of those who restrain the individual will depend on the cause of death.

Restraining people because they represent a danger to themselves or others is quite different from restraining a person because they are uncooperative. A person may tragically die when we are trying to save their life or the life of another person. People who are frightened and insecure naturally become aggressive when confronted. Restraint of that person is not the best first response. Put simply, there are justified and unjustified uses of force and restraint. Calming these individuals can take hours.

While people may be impatient or lack the time, any use of force must be a necessary or last resort. In the end, attorneys, psychologists and medical experts will argue over the cause of death when restraint is used, but they should also argue whether or not the use of force and restraint was truly necessary or used prematurely. Proper techniques will go a long way to reducing our chances of finding ourselves embroiled in litigation.

The Use of Force Report

A critical portion of any defensive tactics program must include mention of proper documentation. A properly documented report detailing a confrontation is the first step in minimizing potential civil liability. ***The Security Services Registrar requires a Use of Force report every time a security professional is involved in any use of force.***

When documenting a case of violent resistance, always include the following:

- The type of call which first brought you into contact with the subject
- The number of persons involved in the situation
- The time of day, physical setting and type of situation
- What the subject said to you
- The subject's demeanour and attitude
- What you said
- The subject's actions and your reactions
- A detailed report of your injuries, including photographs when possible
- A detailed report of the subject's injuries, including photographs when possible
- Names, addresses and telephone numbers of neutral witnesses not involved in the confrontation

Avoid vague statements such as, "I used reasonable force to affect the arrest." Use concrete, precise descriptions of the confrontation and the Force Options used. Include all Guard/Subject Factors and Special Circumstances involved in the confrontation. This will not only aid a conviction in criminal court, but will also help in defending your actions should a civil suit develop as a result of the confrontation. Short descriptions of a confrontation may cause a reader of the report to mistakenly believe something is being hidden.

Lawful Powers of Security Professionals

We are authorized to use force (as a citizen) by virtue of the following sections of the Criminal Code of Canada:

25. (1) *Every one who is required or authorized by law to do anything in the administration or enforcement of the law*

- (a)** *as a private person,*
- (b)** *as a peace officer or public officer,*
- (c)** *in aid of a peace officer or public officer, or*
- (d)** *by virtue of his office,*

is, if he acts on reasonable grounds, justified in doing what he is required or authorized to do and in using as much force as is necessary for that purpose.

26. *Every one who is authorized by law to use force is criminally responsible for any excess thereof according to the nature and quality of the act that constitutes the excess.*

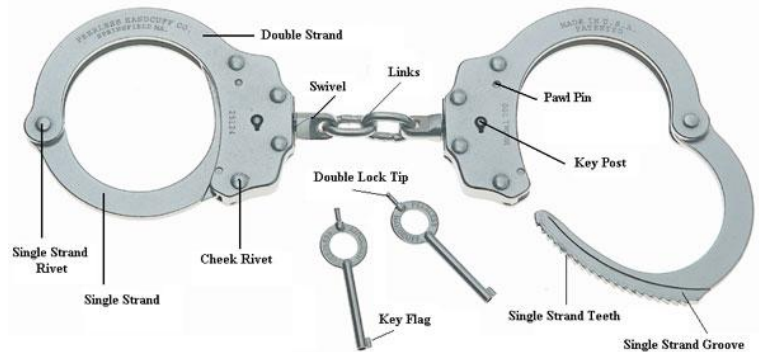
27. *Every one is justified in using as much force as is reasonably necessary*

- (a)** *to prevent the commission of an offence*
 - (i)** *for which, if it were committed, the person who committed it might be arrested*
without warrant, and
 - (ii)** *that would be likely to cause immediate and serious injury to the person or property of anyone; or*
- (b)** *to prevent anything being done that, on reasonable grounds, he believes would, if it were done, be an offence mentioned in paragraph (a).*

Introducing...Your Handcuffs

Over the last 100 years, the handcuff took on many different shapes, sizes and was constructed from various types of materials from forged steel, precious metals, aluminium, to stainless steel. Basically, all of the major manufacturers use a similar design. Handcuffs are 2 cuffs that are connected by a small chain, or a series of links. The cuffs are reinforced, but "universal keys" are sold which work on most handcuffs.

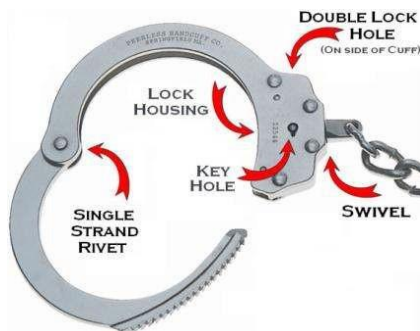
Restraints should receive regular care and maintenance. Inspect them frequently. Keep the ratchet and key hole free of dirt, lint or other foreign substances which may hinder proper functioning.



HANDCUFF NOMENCLATURE

When unlocking your restraint be careful not to torque the key guide post. This will loosen the post causing it to fall out. Also, be careful not to over rotate the key causing the key flag to break off or become stuck in the locking mechanism. Use extra caution when using oversize keys.

When possible carry your restraints in a protective case to reduce exposure to outside elements. If exposed to moisture dry thoroughly. Most importantly, dry the inside locking mechanisms. Use a hair dryer if necessary to force moisture out of the lock cavity. Avoid temperatures above 150° Celsius.



It is best to use a high quality light weight lubricant. Heavy or greasy oils will clog the lock mechanism and attract dirt or other debris. Drip or spray the oil in small amounts to the areas shown. Use as little oil as necessary. WD40 is a good inexpensive lubricant.

Work the oil into these important areas by ratcheting the single strand, locking, double locking and unlocking the cuff. After lubrication, remove all excess oil from handling surfaces so the restraints are not slippery.

If the restraints are contaminated by blood, vomit or other substances, use appropriate disinfecting techniques.

Cleaning & Disinfecting

Mix 1 part bleach to 10 parts water. Soak the cuffs for 10 min. and then following the instructions below. The bleach may cause the nickel finish to cloud or tarnish. Do not use this method for products with black oxide finish or color plated finish.

After using appropriate disinfecting techniques it is very important to thoroughly clean and dry the restraint. The single strand pivot area and the internal lock parts are most important. Use a hair dryer if necessary to force moisture out of the lock cavity. Avoid temperatures above 150° Celsius. If the internal parts are not thoroughly dry, rusting and corrosion will become a problem leading to improper or poorly functioning restraints.

Rust - Most handcuffs will be carried on the duty belt in a leather or nylon case, locked in a locker, placed in an open handcuff box, or even thrown in the bottom of a duty bag. This means that they are very easily affected by various climates of heat, humidity, moisture, and condensation. This can also happen from bio-hazardous substances that get on the handcuffs during use.

Water has always been the handcuff's worst nightmare. All of these climates cause rust and will start to tarnish the handcuffs, therefore breaking down the metals used, weakening the handcuffs, including the spring, which in turn causes the pawl not to engage the ratchet teeth.



Breakage - Most handcuffs after time will lose their strength due to the type of metal construction they are made of. In addition to the above climates, you have the handcuffs being placed on subjects of all sizes and shapes. This puts a big wear and tear on the handcuffs. Most handcuffs usually break at the single strand, or at the swing arm, especially from the subjects who always try to muscle out of the handcuffs by bending, pulling and striking hard objects with them.

At times human strength has been used to pull apart the handcuffs at the swivel chain, breaking the links, or by continuous pressure being applied, or twisting motion, resulting in the breaking of the handcuffs off at the double cheek plate.

Evaluate your handcuffs!

Proper evaluation has always been a major problem. Here are a few things to closely look at prior to purchasing your handcuffs. Take your current handcuffs through this evaluation process and compare it to others.

- Type of materials used for the construction of the handcuffs
- Pawl ,Ratchet, and Cam Locking Mechanism
- Ease of cycling the single strand
- Strength of the handcuff themselves
- Overall durability of the material used
- Ease of bypassing the double lock
- Strength of the cheek plates, ease of separating or bending while cuffs in use
- Prior to applying the handcuffs, measure the control in your hands.
- Can you clean them and have them still perform at the same level of expectation prior to cleaning them.
- Universal key ability

Principles of Handcuffing

Handcuffs should be carried in such a manner that they can be accessible and ready for immediate use. Store the handcuffs in the "loaded" position by pushing the shackle jaw through the ratchet in the body of the cuff, until it is almost through. (2 or 3 teeth remain in contact with the shackle jaw.) The tip of the shackle jaw will extend through and beyond the body of the cuff. In this position, as if applying the cuff to the subject, give a steady and rapid pressure and send the shackle jaw the rest of the way through the cuff body. This should cause it to swing around and back into the ratchet of the body in the cuffed position.

You should always carry two keys with you. One should be readily available for the removal of the handcuffs, and the other should be concealed on your person for emergency use.

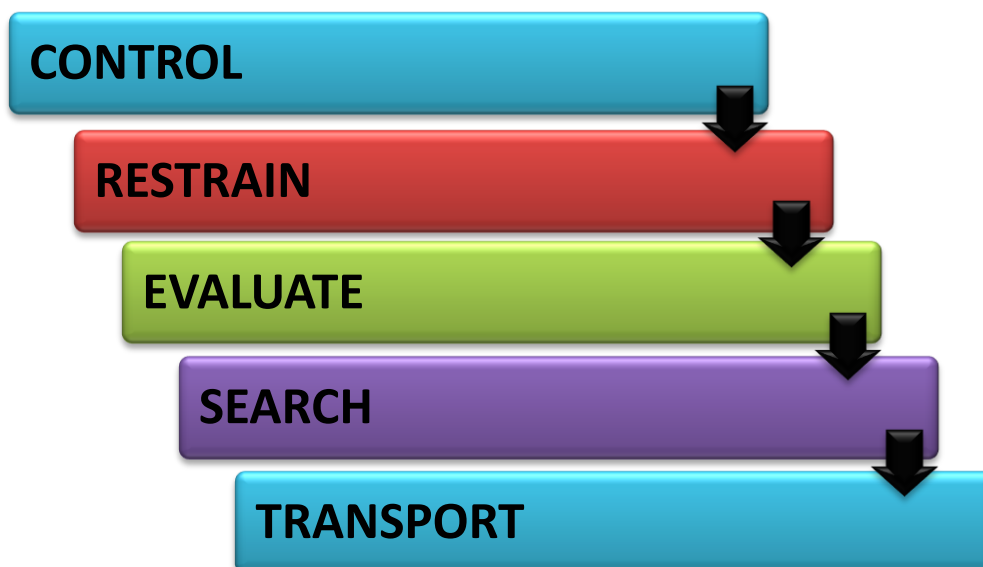
The primary principle of arrest and control is to handcuff first and search later...When it is time to handcuff, the primary principle of handcuffing is to control first, then handcuff.

The handcuffing style used in our program is used by the majority of police and corrections officers around the country. There are three rules to follow for successful application of handcuffs. By following these three rules, handcuffing will be easier to perform and flow better for you.

- From behind, cuff the offender's first hand with the same side hand. (Cuffs in the right hand, cuff offender's right hand first).
- Cuff the offender's hands on the thumb side of the wrist.
- Cuff with the bottom cuff first. (The cuff next to your little finger).

The procedure for handcuffing is simple and effective. By using the three rules, the movement patterns stay the same for all handcuffing techniques. This helps with memory retention and motor skill performance.

In order to more easily remember the separate phases of the handcuffing process, the acronym **C.R.E.S.T.** is used.



Control – Ensure the scene and the offender are controlled (covered)

Restrain – Safely apply the handcuffs

Evaluate – Check to ensure engagement of both cuffs

Search – Perform a weapons check of the offender

Transport – Arrange police transport as soon as possible

Body Mechanics

The ability to use the basic principles of body mechanics dramatically increases your potential to control a confrontation, while decreasing the chances of injury.

The Pyramid

The foundation of body mechanics is the Pyramid Concept of defensive measures:

Wide Base: Keep the feet shoulder width apart. This stance will maintain lateral balance (from side-to-side) which is not present when the feet are together. The body's weight is equally distributed between both legs.

Deep Base: Linear balance (front and back) is maintained using a Deep Base, placing the feet one step apart, Reaction Leg forward, Strong Side Leg back. When combined with a Wide Base, this position balances the body from all sides.

Low Center: To further enhance balance, a Low Center is achieved by slightly bending the knees. The body's weight rests equally on both feet without creating tension in the knees or ankles.

Head Over Center: This position keeps the weight of the body balanced over the base. The head is kept over the center of the body.

You use these principles to gain advantage and control an assailant.



Hand Position

During a confrontation, the hands are often the first line of defense to an attack. They must be kept above the waistline and in front of the body to allow a rapid response to a sudden assault. The hands, forearms and elbows should not be over extended where they can be grabbed. They should not be too close to the body where they provide little protection to the head and upper body.

Relaxation v Tension

Tense muscles cannot engage in dynamic movement which is vital during the application of restraints. Tense muscles expend greater energy and can tire you prematurely. While maintaining the Pyramid Concept of body mechanics, you need to remain relaxed in order to put the four principles into action.

Center

Use the Pyramid Concept in order to maintain balance during the execution of restraint procedures. Center is achieved by building the four components of the pyramid.

Power Generation

Maximum striking potential is achieved through use of the **Seven Components of Power**. These elements for increasing your control potential were outlined in 1980 by Dr. Kevin Parsons.

BALANCE: is the most basic component of power. It must be automatic, instantly fluid, present during continuous movement and capable of being sustained as momentum increases. Balance is linked with timing and is improved by working with moving targets.

ENDURANCE: Primarily cardiovascular, endurance is improved through aerobic exercises such as running, swimming or bicycling. A rule of thumb is to run one mile a day in preparation for every three minutes of a fight.

FLEXIBILITY: Rigidity presents tremendous problems during a confrontation. It is tied to tension, fear, nervousness and lack of confidence. Flexibility is improved by stretching and relaxation. Flexibility is enhanced when muscles are in dynamic tension, resisting each other in perfect tone.

FOCUS: Focus is the result of proper mind/body coordination and occurs when the mental and physical systems complement each other to the point that total concentration can be directed to a specific technique for a short period of time. The two barriers to focus are hesitation and over-compensation. Hesitation is often tied to lack of flexibility. Over-compensation is defined as “trying too hard.”

SPEED: is generated through continuous repetition until a technique is both physiologically and psychologically routine and lag time has been reduced. It is clear from ballistics research that speed is vitally important to the generation of devastating power.

STRENGTH: The low ranking of strength in the power typology is due to the other factors which can make up for the lack of strength and the manner in which alternative components can impair power if not present with strength. The strongest person possesses little power when off balance, exhausted or inflexible.

SIMPLICITY: Repetition of fundamentals combined with clear, systematic sequencing yields tremendous power. Keep it short and simple (KISS).

Always Stabilize

When aggression and resistance cease, you should move to a position of advantage to facilitate restraint. Control is maximized by stabilizing the subject against a solid object. The most efficient tactical stabilization is to place the subject on a horizontal plane. Placing the subject on the ground maximizes your control.

Always Handcuff

Ultimately, the decision to handcuff a subject will rest with the individual based upon training, experience and company policy. From a personal safety perspective, any subject who is arrested should be handcuffed. You should be conditioned to behave in this manner. It assures that all subjects are treated the same regardless of age, sex, size or race.

Dialogue

Dialogue is intended to create compliance over combat. It is the best defensive tactic. A clear, smooth, neutral tone and specific instructions increase the likelihood of subject compliance. Improper dialogue can turn compliance into combat.

Control, then Cuff

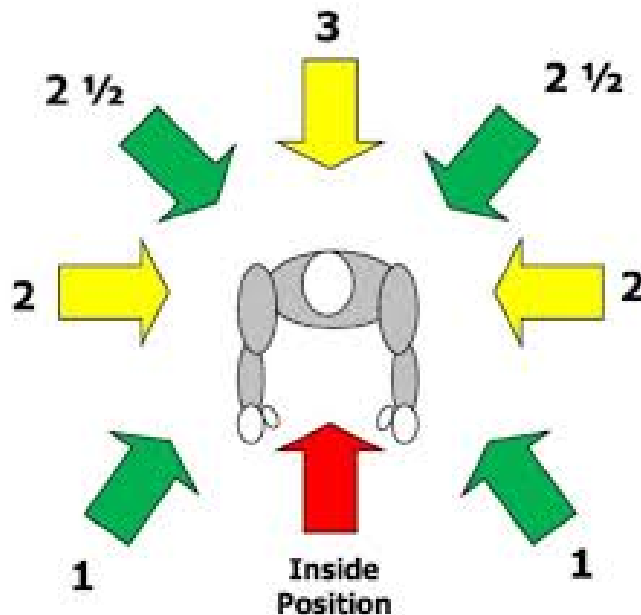
A major safety error is the attempted application of handcuffs too early. We deal with two basic types of subjects: Compliant “yes” people and resistant “no” people. Restraints should not be applied to a resisting subject. In a combat environment, handcuffs can be used against you. Subjects must be under control prior to cuffing. Control is established by stabilizing the subject.

Palm Reading

No one has ever been shot when the palms of the subject’s hands were visible. Prior to handcuffing, the palms of both hands must be facing you.

Strong Hand Control

You must play the percentages, realizing that nothing is 100%. Most people are right-handed. Therefore, focus on restraint of the subject’s right (dominant) hand “first and last.” Handcuffs are first applied to the right hand of the subject. When removing handcuffs, the right hand is the last hand released.



Angle of Advantage

The relationship of your position to the subject during the handcuffing process dramatically impacts the safety of both parties. Blade your Reaction Side toward the subject with the Strong Side away. This allows you to disengage or escalate the force option. A 45° angle to the rear (**2 1/2 position**) of the subject’s right side provides a position of advantage while controlling the subject’s Strong Hand.

Reactionary Gap

Prior to handcuffing, you should stand outside the quick response range of the subject. This separation allows you to disengage or escalate should the subject become resistive. If a subject is going to resist, most of the time it will come at first contact.

Time (Get It On)

The longer a restraining technique takes from contact to cuffing, the more likely it is that combat will occur. When dealing with compliant subjects, it is important to avoid turning compliance into combat. The quick, smooth practiced application of restraints is critical.

Cuff, then Search

Search after application of restraints. This provides a position of advantage for you and limits the potential for resistance by the subject.

- Approach the subject from the 45° angle of advantage.
- Maintain a solid pyramid stance.
- Most people are right-handed. Cuff the right hand first and then the left.
- Cuff the subject's hands behind the back.
- Cuff with the backs of a subject's hands facing each other, palms out.
- Position the flat portion of the bow on the edge of the subject's wrist.
- Apply firm pressure until the single strand rotates through the body of the cuff and engages.

NOTES

- Do not strike the edge of the wrist with the handcuff. A double locked cuff can fracture the wrist.
- Handcuffs are a temporary restraining device.
- Handcuffs do not ensure your safety.
- A handcuffed subject should still be considered a threat.
- Handcuffs are not intended for long term control.
- Check the subject's hands and wrists on a periodic basis to avoid soft tissue or nerve damage from the handcuffs.
- Handcuffs do not completely restrain or immobilize a subject.
- A handcuffed subject should be kept under observation.

Loading the Handcuffs

"Loading the handcuff" means to allow the single bar of each handcuff to travel through the double bars to where only three to five teeth remain. By doing this, you shorten the distance that it takes the single bar to revolve to catch.

When your handcuffs are properly loaded, it should take only moderate pressure on the single bar to make it travel through and catch.

Once your handcuffs are loaded, place them in your case so that both double and single bars point in the same direction.

Presentation (Drawing Restraints)

The restraint is drawn with the Reaction Hand. Grasp one cuff allowing the second to drop down. Grasp the center of the restraint with the Weapon Hand securely positioning the cuffs.

The handcuff case should be within reach of either the Weapon or Reaction Hand. However, cross draw of the handcuff may allow both arms to be trapped or pinned unless Safe Separation is maintained.

Presentation and application of restraints should not be attempted until you have established a position of advantage, stabilized the subject and established control.

Handcuff Grip

Restraints are held in the Weapon Hand for application to the subject. From this position, you can disengage or escalate the confrontation with the restraints in hand or draw a weapon as the restraints “cease to exist.”

The restraint is held with a full hand grip of four fingers and a thumb in a position vertical to the ground. Chain, Hinge and Rigid cuffs are held with the bow facing the subject while grasping the center of the restraint. Do not place fingers around the chain or straps after restraints have been applied.

Place & Push

Restraints are best applied between the wrist bone (radius) and the base of the hand. This may change during tactical handcuffing. They should be snug enough not to slip over the hand and yet loose enough not to impede blood flow or impinge on the nerves in the wrist.

Rock & Lock

Restraints are applied to the subject using the Rock & Lock technique.

- **Rock:** Apply the “bottom” (little finger) restraint to the subject’s right (dominant) hand in a downward “rocking” motion (45° from shoulder to hip). As the bow is pushed against the wrist, it will travel through the restraint and swing over the subject’s wrist.
- **Lock:** Repeat with the “top” (thumb) restraint to the subject’s left hand. If a cuff does not engage, the reaction hand can scoop the bow bringing both of the hands together and ensuring that the restraint engages.



Slide, Lock, Search

Subjects should be searched after double locking the cuffs.

- **Slide:** Once restraints have been applied, the officer carefully “slides” the tip of finger partially between the restraint and the subject’s wrist to check for tightness. A handcuff that tests too tight may be loosened by inserting, turning in the direction of the bow and releasing the key. The bow will open to a less constrictive position.
- **Double Lock:** Use a handcuff key to activate the double lock. Engage the double lock by using the pin of the handcuff key.
- **Search:** After cuffing, search the subject. Be alert to objects such as pins or metal strips that could be used to shim restraints. Items such as ballpoint pen ink cartridges can be used to pick handcuffs.

The Golden Rules of Handcuffing

1. Always try to handcuff arrestees while in a safe, balanced position behind the subject. Avoid handcuffing subjects while positioned in front of them.
2. Handcuff, then search.
3. Always maintain a superior position over an unbalanced subject.
4. If possible, avoid the use of a stationary, vertical object such as a wall, car, tree, or floor to prop the subject against. The subject could use it as a push off point.
5. **Do not try to handcuff resisting subjects until they are in a position of control.**
6. To avoid allegations of misuse, check the fit of the cuffs. You should be able to put your index finger up to the first joint between handcuff and subject's wrist. Remember to double lock the handcuffs.
7. Always remove handcuffs with a high level of awareness.
8. Handcuffs should be worn in a position on the belt or shoulder rig easily accessible to both hands.
9. Check and load your handcuffs daily. They may inadvertently double lock if dropped.
10. Carry two handcuff keys with you at all times. One should be used routinely; the other should be hidden on your person in case of an emergency.
11. Be certain to look up and monitor your environment prior to, during, and after handcuffing.

It is more convenient to remove handcuffs when the key holes are facing up, but as long as you can easily reach them, then it doesn't matter whether key holes are up or down.

The Five Basic Handcuffing Techniques:

Commands:

Standing

- *Spread your fingers and slowly raise your hands above your head.*
- *Turn around slowly*
- *Spread your legs apart*
- *Extend your arms straight out to your sides, shoulder high. Now point your thumbs down*
- *Bend forward from the waist*
- *Turn your head to the right (or left)*
- *Slowly bring your hands behind your back*
- *Don't move*

Standing Wall

- *Spread your fingers and slowly raise your hands above your head*
- *Turn around slowly and put your feet against the wall*
- *Cross your ankles*
- *Turn your head to the right (or the left).*
- *Slowly bring your right (or left) hand behind your back*
- *Slowly bring your left (or right) hand behind your back*
- *Don't move*

Kneeling

- *Spread your fingers and slowly raise your hands above your head*
- *Turn around slowly*
- *Kneel down on your right knee. Now your left knee. Cross your ankles*
- *Extend your hands straight out to your sides, shoulder high! Now point your thumbs down*
- *Turn your head to the right (or left)*
- *Slowly bring your hands behind your back*
- *Don't move*

Kneeling Wall

- *Spread your fingers and slowly raise your hands above your head*
- *Turn around slowly and put your feet against the wall*
- *Kneel down on your right knee. Now your left knee*
- *Cross your ankles*
- *Turn your head to the right (or the left)*
- *Slowly bring your right (or left) hand behind your back*
- *Slowly bring your left (or right) hand behind your back*
- *Don't move*

Prone

The safest position of approach is when the subject is in the prone position. You should use the prone position for:

- Non-compliant subjects
 - Threatening subjects
 - Subjects who might be carrying a weapon
 - Subjects with experience in fighting arts
-
- *Spread your fingers and slowly raise your hands above your head*
 - *Turn around slowly*
 - *Kneel down on your right knee. Now your left knee*
 - *Extend your arms straight out in front of you*
 - *Keep your arms extended in front of you and lie down on your chest*
 - *Turn your head to the right (or the left)*
 - *Extend your arms straight out from your shoulders, palms up*
 - *Cross your ankles*
 - *Slowly bring your hands behind your back*
 - *Don't move*

Removal of Handcuffs

- Place the subject in a position that restricts movement.
- Grip the chain with your strong side hand and unlock the cuffs with your other hand.
- Remove the cuffs in the reverse order that you applied them.
- Tell the subject to place hand on top of head when you release the first cuff. Ask: "Do you understand me?" Wait for an affirmative answer and then continue.
- Repeat the instructions to the subject to place the second hand on head after the release of the second cuff.
- Tell the subject to take one step forward with each foot, or you may step back with your strong side leg and drag your other leg back into a Pyramid Stance and return cuffs to case.

REMEMBER:

- Use a partner!
- Articulate your commands in a forceful yet clear manner.
- Look carefully for bulges on subject that might be weapons.
- Cautiously approach the subject with your strong side turned away.
- Place your foot (or knee) between the subject's crossed ankles for greater control of subject.
- Grasp subject's hand or two fingers before handcuffing.
- A slight pulling of the arm when ready to handcuff will control the subject and put them off-balance.

Control the subject...

Handcuff the subject...

Search the subject...