

LESSON COVER SHEET

Tactics

COURSE: REPUBLICAN NATIONAL CONVENTION	TRAINEE LEVEL: N.Y.P.D. IN-SERVICE PERSONNEL
LESSON: CUFFING FROM THE HAMMER LOCK / FLEX CUFFS	TIME REQUIRED: THIRTY (30) MINUTES

PREPARED BY: SERGEANT RANDY GARRETT	DATE PREPARED: MAY 2004
REVISED BY: SERGEANT RANDY GARRETT	DATE REVISED: MAY 2004
INSTRUCTIONAL GOAL: Upon completion of the training, the student will be able to explain and demonstrate cuffing from the prone position and the proper use of flex cuffs.	
PERFORMANCE OBJECTIVES: Upon completion of this module, the student will be able to: <ol style="list-style-type: none"> 1. Explain and demonstrate prone handcuffing positions. 2. Explain how to transport a cuffed subject. 3. Explain and demonstrate utilization of flex cuffs 	
METHOD OF PRESENTATION: Lecture, Demonstration, Participation	CLASSROOM REQUIREMENT: Enough chairs for participants. Classroom large enough for students to practice techniques.
STUDENT MATERIALS: Gym gear & Sneakers, off duty service holster with belt, handcuffs and key.	
TRAINING AIDS, SUPPLIES, EQUIPMENT: Training firearms, floor mats, handout material, impact pads	BIBLIOGRAPHY: FBI Defensive Tactics Instructor manual PPCT Management Systems, Inc., Defensive Tactics Instructor manual NYPD Disorder Control Guidelines Taskforce Training Lesson Plan

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INSTRUCTIONAL CONTENT:
INTRODUCTION

**INSTRUCTOR
CUES:**

Attempting to handcuff a subject as previously stated, is a highly hazardous activity. It's incumbent upon officers to wait for back up before approaching the subject.

Prone Handcuffing Position

The *prone handcuffing position* is best conducted by a minimum of two officers and should include an additional call for back up. The *“covering officer”* should have his firearm drawn and be tactically placed to avoid a potential crossfire situation. His secondary responsibility is to be aware of any additional outside threats. Initially, verbal commands will be issued by the *“cuffing officer”* consisting of *“Police Don’t Move”*. A series of additional commands will be given to place subject in the position of your choice. Listed below are the additional commands for a *prone handcuffing position*:

“Hands straight above your head”
(elbows should be above shoulders)

“Go down on one (1) knee, now the other knee”
(one knee at a time is ordered to avoid losing sight of subjects hands)

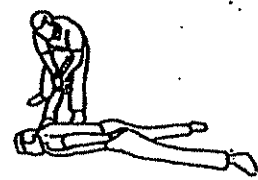
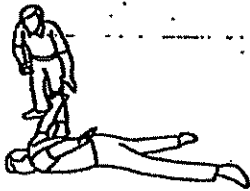
“Put one hand on the floor, now the other hand”

“Without moving your hands slide your body back”

“Place your hands out to the side, palms up”
(back of subjects hand should be off the floor)

“Turn your head away”
(subject should face away from the approaching officer)

The *“cuffing officer”* will enter at a 45-degree angle, employing a step drag approach. This entry allows the *“cuffing officer”* the ability to keep his firearm away from the subject. When the *“cuffing officer”* is at a lungeable distance, he will enter quickly and in one fluid movement, secure the subjects out stretched hand and apply the twist wristlock technique. Once control is established, place the bottom cuff onto thumb side wrist area by driving the single bar downward. Maintain the pistol grip and using the same cuffing principles, apply the top cuff to the other hand.



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INSTRUCTIONAL CONTENT:
BODY

**INSTRUCTOR
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Performance Objective 2

Explain and demonstrate how to conduct a search.

Any field search should be conducted in a systematic manner. By systematic repetition an officer under stress will maintain a greater probability of detecting potential weapons. Searches begin on the side of the subject that was cuffed last. Use your gun hand to apply the twist wristlock techniques. Step behind the subject to the opposite side and search the remaining half of the subject with your fun hand. All searches should start at the head and work their way toward the subject's feet. The hand conducting the search should employ a squeezing or kneading motion in either a horizontal or vertical pattern to ensure that all parts of the body are searched. High-risk areas like the waistband and the small of the back should be searched first. The groin is a particularly sensitive area for both officer and subject; however, this is an area that must be searched to ensure officer safety. Every effort should be made to have members of the same sex conduct the search, when possible.

Performance Objective 3

Explain how to transport a cuffed subject.

The primary concern of the "cuffing officer" is to maintain complete control of the subject during the transport. This is done with the twist wristlock or alternate joint lock. When placing the subject in a department vehicle, officers should place the subject on the passenger side of the vehicle. The handcuffs placed on the subject should be double locked, when possible. The seat belt should be placed on the subject to provide additional restraint and protection. The recorder should also be seated in the rear behind the operator of the vehicle. If a department vehicle is equipped with a barrier, it is not necessary to have an officer in the vehicle with the subject. It is still the responsibility of the recorder to constantly monitor the subject. A search of the vehicle should be conducted once the subject is removed.

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**INSTRUCTOR
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When using cutters to remove flex cuffs, take care that you do not cut into the skin. The flex cuffs should be cut in the area where the thin plastic strip meets the entrance to the serrated box, where there is a natural gap between the flex cuff and the subject's wrist.

*Instructor's Cue:
Demonstrate proper
removal technique.*

As part of this lesson on force and arrests, we want to take a minute to warn of the dangers of positional asphyxia. Positional asphyxia is the term used to describe a situation where force is used against a person in such a manner that certain pre-existing condition may cause breathing difficulty or death. Positional asphyxia can occur when a subject is forced face first against a hard surface, such as a wall, or the ground. If the force is great enough, pressure is placed against the person's diaphragm and it becomes difficult for the subject to breathe. This condition is possible with any

Individual but is more likely if any of the following conditions exist:

- The subject is a habitual smoker.
- The subject is elderly.
- The subject is overweight.
- The subject has recently used alcohol or drugs.
- The subject has an asthma condition.
- The subject is excited and breathing heavily.
- The temperature is very low or very high.
- The subject has been chased prior to force being applied to the neck or back.

Each of these conditions, or any combination thereof, may lead to positional asphyxia. To avoid this condition, remember to place a suspect on his/her side or back as soon as possible after being safely restrained. Avoid putting direct pressure against the neck or back unless absolutely necessary, and then, only for a brief time. In addition, try to maintain voice contact with the subject while applying any physical force. If the subject is talking, he/she is getting enough air to breathe. Talking may also have a calming effect on the subject, which will lower the level of excitement and hopefully allow the subject to breathe easier.

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INSTRUCTIONAL CONTENT:
SUMMARY

INSTRUCTOR
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It is essential to have control of the subject before attempting to cuff. When attempting to affect an arrest A good precautionary rule is, "*the higher the risk, the lower they go.*" Caution should be exercised during the search and the transport phase as well. Remember! Your objective is to go home the same way that you left.

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