

MESA POLICE Department Policy Manual	<h1>Restraining Devices</h1>	DPM 2.4.65 Effective 04/06/2012 Revised 02/18/2026
Approved by: Chief of Police	Chapter: Arrests & Inmates	Page: 1 of 4

1. PURPOSE

The purpose of this policy is to provide Mesa Police Department (MPD) members with restraining device guidelines.

2. DEFINITIONS

Flex-Cuffs & Zip Ties: Disposable restraint devices that can be fastened around the wrists or ankles of a subject as a quick, temporary alternative to handcuffs. Used in limited situations, such as mass arrests, rapid deployment, or when conventional handcuffs are not effective.

Handcuffs: A pair of lockable metal rings for securing wrists. [\[ALEAP 1.12\]](#)

Head Net: A restraint device intended to prevent a subject from spitting or biting. Also commonly referred to as a spit hood, spit mask, mesh hood, or spit guard.

Prone Position: Lying flat, especially face downward.

RIPP Restraint: A restraint device used primarily to secure the legs and ankles of a subject. It is a permanent loop made of nylon webbing with a bronze snap and a one-way jawed alligator clip. The self-locking clip holds the permanent loop into place. Also commonly referred to as hobble.

Shackles: Metal bands connected by a chain primarily used to restrain ankles.

The WRAP: A restraint system, composed of hobble strap, leg restraint, and harness, designed to immobilize a person's body while protecting subjects, officers, and jail staff by restricting a subject's ability to kick, hit, or inflict harm upon oneself or others.

3. GENERAL [\[ALEAP 1.12\]](#)

- A. Observe all federal and state laws, city codes, and Department policies regarding custody.
- B. Keep restrained subjects secure, treat humanely, and do not subject to unreasonable restraint or force.
- C. Only restraint devices authorized by the Department and those in which a member has successfully completed Department approved training for may be used in the manner in which the training prescribed.
 1. Approved devices include:
 - a. Handcuffs.

<p>MESA POLICE</p> <p>Department Policy Manual</p>	<p>Restraining Devices</p>	<p>DPM 2.4.65</p> <p>Effective 04/06/2012 Revised 02/18/2026</p>
<p>Approved by: Chief of Police</p>	<p>Chapter: Arrests & Inmates</p>	<p>Page: 2 of 4</p>

- b. Head nets.
- c. The WRAP.
- d. RIPP Restraint.
- e. Flex-cuffs.
- f. Zip ties.
- g. Shackles.
- 2. Other restraints may be authorized, upon Assistant Chief or their designee's approval, for use by the Special Operations Division and Holding Facility.
- 3. Restraints not approved by the Department are prohibited.
- D. Continuously monitor the subject while restrained and obtain medical care when necessary or requested.
- E. Any time a restraining device beyond handcuffs, flex-cuffs or zip ties is used:
 - 1. Immediately notify a supervisor.
 - 2. Notify the Holding Facility supervisor when transporting.
 - 3. Document restraint use, including reason for use, in a General Offense (GO) or supplement.

4. RESTRAINING DEVICES

4.1 Handcuffs, Flex-Cuffs, & Zip Ties [ALEAP 1.12]

- A. See [DPM 1.9.10 Department Uniform Accessories & Equipment](#) for authorized handcuffs, including authorized manufacturers.
- B. Handcuff a subject with hands behind the back, with the handcuffs double locked. Exceptions:
 - 1. When a member cannot handcuff a subject's hands behind the back because of health conditions, injuries, or anatomical issues.
 - 2. Pregnant subjects shall not be handcuffed behind the back.
 - 3. Other exceptions require a supervisor's approval.
- C. Flex-cuffs and zip ties may be utilized as an alternative to handcuffs in limited situations such as:
 - 1. A sufficient number of conventional handcuffs are not available, for example, during a mass arrest or rapid deployment incidents.
 - 2. A subject's wrists are too large to fit within handcuffs.
 - 3. The subject has one arm or is wearing a cast.

4.2 RIPP Restraint

- A. RIPP Restraint allows for the transport of subjects in vehicles in an upright, seated position, but removes the ability to kick doors and windows.

<p>MESA POLICE</p> <p>Department Policy Manual</p>	<p>Restraining Devices</p>	<p>DPM 2.4.65</p> <p>Effective 04/06/2012 Revised 02/18/2026</p>
<p>Approved by: Chief of Police</p>	<p>Chapter: Arrests & Inmates</p>	<p>Page: 3 of 4</p>

- B. It is used when conventional restraining methods are not suitable.
- C. It can also be used at 2nd level as a restraining tool of a handcuffed and extremely combative subject under the following conditions:
 1. The subject should immediately be placed on their side and avoid leaving them in a face down position.
 2. Monitor the subject closely for signs of labored breathing.
 3. As soon as possible, the restraint should be removed from around the handcuffs and the subject secured in a patrol vehicle in a seated position.

4.3 Head Nets

- A. The head net is only intended for use on those who have threatened or attempted to spit or bite.
- B. Do not use the head net on anyone who is vomiting, having difficulty breathing, or is bleeding profusely from the mouth or nose area.
- C. Remove the head net as soon as it is safe to do so, or as directed by a supervisor.
- D. Once the head net is removed, dispose of it.
 1. Do not clean or reuse.
 2. If the net is visibly contaminated with blood, put the net in a biohazard bag and place the bag in a biohazard container marked for incineration.

4.4 The WRAP

- A. The WRAP may be deployed when a member deems it reasonably necessary to restrain a violent or potentially violent subject:
 1. During the course of detention, arrest, transport, and/or escort.
 2. Who is attempting to cause themselves bodily injury.
 3. To prevent property damage by kicking.
 4. After chemical agent or CEW use on the subject.
- B. A minimum of three members are required to apply the WRAP. The WRAP must be deployed per training guidelines.
- C. If the subject begins hitting (with) their head, a helmet may be utilized on the subject to prevent injuries to persons or damage to property.
 1. The approved helmet will be a vinyl-covered dense foam style helmet to offer protection for the top, back, and side of the head as well as the forehead. The helmet can be easily fastened with an elastic strap that secures the helmet under the chin with a hook and loop closure.

5. AVOIDING POSITIONAL ASPHYXIA

MESA POLICE Department Policy Manual	<h1>Restraining Devices</h1>	DPM 2.4.65 Effective 04/06/2012 Revised 02/18/2026
Approved by: Chief of Police	Chapter: Arrests & Inmates	Page: 4 of 4

- A. Adhere to Department-approved team tactics and recovery position training.
 1. It may be necessary to use team tactics to overcome the strength of a subject. This is accomplished through the use of mechanical leverages and structural control holds while handcuffs and/or other restraints are applied.
 2. Once the individual is safely controlled in handcuffs and/or other restraints, officers will readily move the subject to a recovery position which includes, lateral recumbent position, seated on a curb or in a patrol car, or standing.
- B. Anytime maximum restraint is used, or anytime a subject exhibits bizarre behavior (e.g. delirium, psychosis, violence, self-inflicted injury, superhuman strength, high pulse rate, paranoia, hallucinations, etc.) before, during, or after control is applied, watch the subject closely for labored/difficulty breathing, signs of distress, sudden calmness, or change in color. Obtain medical care immediately if the subject is observed displaying any of these or other concerning signs or requests aid.

6. TRANSPORTATION [ALEAP 1.14A]

- A. Officers shall not transport any subject in a prone position.
- B. Subjects who have been restrained shall be transported in an upright, seated position and seat belted, when practicable, in the back of the vehicle. See [DPM 2.4.80 Transporting Inmates](#) for additional information on transport requirements.
- C. When additional restraints beyond handcuffs, flex-cuffs, or zip ties are used, two officers are required to transport.
 1. This will allow one officer to constantly monitor the restrained subject.
- D. If the subject is transported to a detention facility, advise the facility's custodian of any preexisting medical conditions and observations of bizarre behavior.

REFERENCES

- [DPM 1.9.10 Department Uniform Accessories & Equipment](#)
- [DPM 2.4.80 Transporting Inmates](#)