



# MISSOURI SHERIFFS' ASSOCIATION TRAINING ACADEMY

*Serving Missouri Justice Since 1945*

**DATE:**

July 16, 2024

1:00pm – 3:00pm

**LOCATION:**

Franklin County Sheriff's Office

1 Bruns Lane

Union, MO 63084

**COST:**

Contracted Agency: \$25

Non-Contracted Agency: \$50

**POST CREDIT:**

2 hours Technical Studies

**DEADLINE: July 9, 2024**

**REGISTRATION:**

**Online:** [mosheriffs.com/training](https://mosheriffs.com/training)

[gina@mosheriffs.com](mailto:gina@mosheriffs.com)

FAX: 573-635-2128

**FOR MORE INFORMATION:**

Jeanne Merritt

[Jeanne@mosheriffs.com](mailto:Jeanne@mosheriffs.com)

573-529-6900

**REFUND POLICY**

**50% refund if canceled within 48-hours of the start date. ALL COST DUE IF NOT.**

6605 Business 50 West  
Jefferson City, MO 65109

573.635.5925 | Fax 573.635.2128

**MOSHERIFFS.COM**

## Prone Restraint & the Risk of Asphyxia

POST #22123

**SCOPE**

Unfortunately, law enforcement and corrections have a limited and largely inadequate set of tools to use to safely subdue violent individuals. As a result, the techniques used to control and restrain the subject may interfere with that individual's ability to breathe. This can result in an in-custody death from asphyxia. (a phenomenon called positional asphyxia.) This presentation outlines the risk factors associated with prone restraint and steps to mitigating the risk. It covers signs and symptoms of abnormal breathing, steps to take if breathing problems are observed, and body position to avoid with restrained individuals. It discusses the three phases of an altercation, the primary objective of each phase, and how to recognize signs that an individual may be at high risk of asphyxiation during restraint.

**TERMINAL LEARNING OBJECTIVE**

To bring awareness to the dangers of prone restraint and to provide participants with the knowledge and skill to help avoid in-custody deaths from asphyxiation.

**ENABLING LEARNING OBJECTIVES**

Upon completion of this presentation, the participant will be able to:

1. Explain why prone restraint is so widely used;
2. List the 3 phases of an altercation and the main objective of each phase;
3. State the major risk associated with prone restraint;
4. Define Asphyxia;
5. List 3 types of Mechanical Asphyxia and how each type occurs;
6. List 4 Asphyxiation High Risks Factors;
7. Describe how breathing works and the difference between Ventilation and Respiration;
8. Explain how it is that one can talk and yet not be able to breathe;
9. List a minimum of 8 signs and or symptoms that indicate abnormal breathing;
10. List steps to take if a conscious and an unconscious person is having breathing problem; and
11. Identify, as stated in the presentation, that you must immediately do once a prone subject is restrained.

**FOR MORE INFORMATION CONTACT:**

Jeanne Merritt at 573-529-6900 or email at [jeanne@mosheriffs.com](mailto:jeanne@mosheriffs.com)

STATE LICENSED • PROFESSIONAL STAFF • STATEWIDE TRAINING



# MISSOURI SHERIFFS' ASSOCIATION

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## REGISTRATION FORM

### COURSE INFORMATION

Class: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

County: \_\_\_\_\_

Training Host: \_\_\_\_\_

Training Address: \_\_\_\_\_

\_\_\_\_\_

### ATTENDEE INFORMATION

Agency Name: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Email: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Email: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Email: \_\_\_\_\_

Attendee Name: \_\_\_\_\_ Email: \_\_\_\_\_

### COST INFORMATION

**CONTRACTED AGENCY** ..... \$ \_\_\_\_\_ /per person. Total \$ \_\_\_\_\_

**NON-CONTRACTED AGENCY** ..... \$ \_\_\_\_\_ /per person. Total \$ \_\_\_\_\_

### PAYMENT METHODS

Bill my credit card.

# \_\_\_\_\_ Exp \_\_\_\_\_

3-digit security code \_\_\_\_\_ *(Located on back of card)*

Enclosed is a check/money order. Check # \_\_\_\_\_

**Total \$** \_\_\_\_\_

Signature \_\_\_\_\_

#### RETURN BY EMAIL, FAX OR MAIL TO:

**ATTN:** Gina Kauffman  
**FAX:** 573-635-2128  
gina@mosheriffs.com

**Missouri Sheriffs' Association**  
6605 Business 50 West  
Jefferson City, MO 65109

**NO REFUND IF NO SHOW.  
50% REFUND IF CANCELLED  
WITHIN 2 DAYS BEFORE  
CLASS STARTS.**