

## Long Hair Grab

If you have long hair, it's strongly recommended that you use ties or coverings to reduce the risk of a patient pulling your hair. If a patient does grab your hair, use the technique below to avoid injury.

### 1. Control

- Immediately use one hand to firmly grasp your hair between your head and the patient's hand as shown in the first photo below. **Never pull back or away from the patient.** This step will **stop** a hair pull and limit injury.
- Place your free hand on the patient's hand—or arm of the hand—that has your hair.

### 2. Isolate

- Move to the side of the patient away from their free hand.
- If you can't move, block their leg(s) or feet with your leg or foot. This will protect you from other threats, such as kicks, punches or bites.
- Keep a wide stance for balance and strength.

### 3. Release

- **If the patient's grip is weak**, slide their hand down away from your head. Be sure to keep a tight grip on your hair while doing this.
- **If the patient's grip is tight**, take hold of the patient's pinky finger and gently pull it back and across the back of their hand. This will loosen their grip so you can gain release.

**Key Note:** In some cases, a self-release is not possible. If you cannot trigger a release on your own, seek assistance from a co-worker. While waiting, keep a balanced stance and a firm grip on your hair

To reach a positive outcome, always:

- **Stay calm.**
- **Attempt to get assistance** from a co-worker.
- Follow steps to **control, isolate** and **release**.

### Remember:

- **Immediately report** all details of aggressive verbal or physical patient behavior to your manager.
- **Update** medical records to warn other caregivers of past aggressive behaviors.
- **Practice** this technique with co-workers to build confidence.



Firmly grasp your hair between your head and the patient's hand.



Keep a wide stance and use your free hand to grab the patient's hand or arm.



As the patient's grip weakens, slide their hand down and away from your head.

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