

Short Hair Grab

When you are caring for a patient, it's possible that they may grab your hair or reach near your head. How you should respond depends on whether you have short or long hair. If you have short hair, use the technique below to avoid injury. Please see the **Long Hair Grab** instruction sheet if you have long hair.

1. Control

- Immediately take one or both of your hands and place them directly over the patient's hand as shown in the first photo below to prevent them from pulling.
- Make sure to keep constant, forceful pressure on the patient's hand. This pressure may be enough to trigger a release.

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.

3. Release

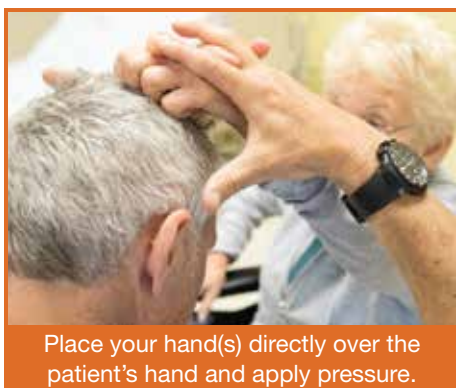
- Drop down by either squatting or going down to one knee. Be sure to establish a balanced stance. Lowering yourself will extend the patient's wrist, which will be uncomfortable for them.
- The wrist extension and downward pressure on the patient's hand should significantly weaken their hold on your hair.
- As the grip weakens, begin to slide the patient's hand down and away from your head. **Remember:** Stay clear of the patient's free hand and watch out for other threats such as kicks or bites.

To reach a positive outcome, always:

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

Remember:

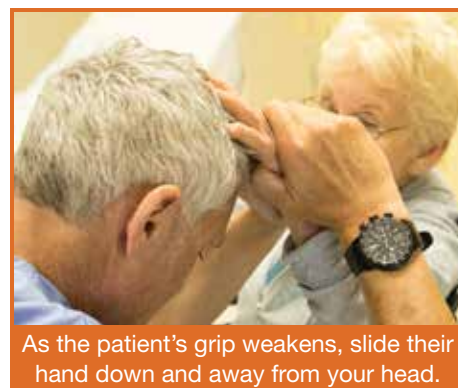
- **Immediately report** all details of aggressive verbal or physical patient behavior to your manager.
- **Update** medical records to warn other caregivers of past aggressive behaviors.
- **Practice** this technique with co-workers to build confidence.



Place your hand(s) directly over the patient's hand and apply pressure.



Lower yourself by squatting or going down to one knee.



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

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