

**Personal Restraint**

The application of physical force without the use of any device, for the purpose of restricting the free movement of a behavioral health recipient's body, but for a behavioral health agency licensed as an OBHL Level I RTC or a Level I subacute facility, does not include:

- Holding a person for no longer than five minutes, without undue force, in order to calm or comfort the person; or
- Holding a person's hand to escort the person from one area to another.