

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

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

Score: \_\_\_\_\_

Defensive Tactics  
Carotid Restraint Control Hold  
Written Proficiency Exam  
Per FCPD Lexipol Policy Manual December 2019

1. Possible side effects of a properly applied carotid restraint control hold include:
  - A. Disorientation
  - B. Vomiting or gagging
  - C. Convulsions leading to jerking of the hands, arms or legs
  - D. All of the above
  - E. There should be no side effects if the hold is properly applied
  
2. During the application of the carotid restraint control hold, pressure is applied to both sides of the subject's neck. There are three primary factors that cause unconsciousness when this pressure is applied properly: carotid artery compression jugular vein compression, vagus nerve compression.
  - A. True
  - B. False
  
3. List three dangers that may result from an improperly applied the carotid restraint control hold  
\_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.
  
4. There are a number of steps peace officers should take if the subject loses consciousness after the application of a carotid restraint control hold. Peace officers should:
  - A. Release the hold
  - B. Handcuff the subject
  - C. Check vital signs
  - D. All of the Above
  
5. Agencies and departments have different policies regarding justification for use of the carotid restraint control hold and the follow-up steps required when the hold when the hold is applied to a subject.
  - A. True
  - B. False
  
6. The average person may be rendered unconscious within a matter of \_\_\_\_\_ after carotid restraint control hold is properly applied.

7. It is not necessary to notify custody personnel after a carotid restraint control hold has been applied.
  - A. True
  - B. False
8. The carotid restraint control hold and the bar-arm choke hold or any other form of choke hold where pressure is applied to restrict the flow of air into the body by compression of the airway at the front of the throat are the same hold.
  - A. True
  - B. False
9. If a subject is rendered unconscious he/she should regain consciousness within \_\_\_\_\_.
10. To facilitate the subject's recovery, the peace officer should position the subject on their side with knees bent while checking the subject's vital signs.
  - A. True
  - B. False
11. The presence of alcohol or drugs in a suspect's system does not affect the time it takes for the suspect to be rendered unconscious or their recovery time.
  - A. True
  - B. False
12. It is recommended that the carotid restraint control hold should not be applied to the same subject more than \_\_\_\_\_ times in a 24-hour period, unless objectively reasonable.
13. It is not important that peace officers have an operational understanding in their agency's policies, guidelines and potential hazards regarding the use of the carotid restraint control hold.
  - A. True
  - B. False
14. If the subject submits prior to being rendered unconscious during the application of the carotid restraint control hold, the peace officer should release the hold and continue controlling the subject with:
  - A. Verbal commands
  - B. A different control hold technique
  - C. Command presence
15. Department policy will determine what level of force the Carotid Restraint Control hold may lay or if the officer will be able to use it is at all.
  - A. True
  - B. False

16. The carotid restraint control hold is a physical control technique where a peace officer applies continuing compression on the \_\_\_\_\_ on both sides of the neck, and no pressure is applied to the front or back of the neck.
17. The carotid arteries supply approximately \_\_\_\_\_% of the oxygenated blood to the brain. The remaining \_\_\_\_\_% is supplied by the vertebral arteries that run up the back of the neck. As the flow of blood through the carotid arteries is impeded, the blood flow and pressure in the vertebral arteries increase.
18. The purpose of rendering the subject temporarily unconscious is to gain \_\_\_\_\_ of the subject.
19. Maintaining the hold beyond the time the subject loses consciousness can lead to physical complications for the subject.
- A. True
  - B. False
20. After the application of the carotid restraint control hold, the prisoner should be monitored for up to \_\_\_\_\_, or until medical clearance has been received.
- A. 30 minutes
  - B. 1 hour
  - C. 2 hours
  - D. Does not need to be monitored or received medical clearance
21. Penal Code 835a states: Any peace officer who has reasonable cause to believe that the person to be arrested has committed a public offense may use reasonable force to \_\_\_\_\_, to \_\_\_\_\_, or to \_\_\_\_\_.
22. If peace officers allow emotions to affect their judgment, they may lose control; the same is true of subjects. Therefore, it is essential that the peace officer control those emotions.
- A. True
  - B. False
23. Self-control is gained through confidence. Confidence is achieved from proper, adequate, and ongoing \_\_\_\_\_ to understand basic principles of arrest and control. Control is enhanced through \_\_\_\_\_.
24. The primary objective of a control hold is to gain control of a subject using objectively reasonable force.
- A. True
  - B. False
25. After applying handcuffs, the officer should \_\_\_\_\_ and \_\_\_\_\_ the handcuffs. This will reduce the possibility of inflicting injury from handcuffs being too tight and tightening any further on the prisoner's wrists. It also reduces the possibility of the subject picking or slipping the locking.

26. On average nationwide, about one out of every six times a criminal manages to take a handgun away from a peace officer, it results in the \_\_\_\_\_ of the officer or the officer's partner.
27. There are three factors peace officers must recognize and understand in order to safeguard their firearm. These factors are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
28. *Graham v. Connor* established the Reasonable Officer standard.  
 A. True  
 B. False
29. Each set of circumstances will require peace officers to exercise judgment in the decision of the force to use. Peace officers must be aware of and follow their \_\_\_\_\_ policies regarding the use of an impact weapon as a force option.
30. When using a personal body weapon, the peace officer's goal is to gain control of the subject and the situation. Target areas on a subject's person should be objectively reasonable under the circumstances.

**Possible target areas include:**

Chest, midsection, arms, legs and ribcage

When a personal body weapon is used on certain parts of the human body, it can cause serious injury. Intentional strikes to these areas must be objectively reasonable.

**Vulnerable areas (eight)**

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and  
 \_\_\_\_\_.