



House Bill 1795: Prevent harmful restraint and isolation in school (2026)

What HB 1795 does

- Bans dangerous restraints: Defines and prohibits chemical and mechanical restraints. Prohibits any restraint that restricts breathing or blood flow.
- Strengthens existing protections: Current rules already ban breathing-interference restraints for students in special education. HB 1795 extends this protection to all students.
- Clarifies limits on restraint: States that property destruction alone is not a valid reason to restrain a student.
- Continues statewide support: Extends OSPI's *Restraint Reduction and Isolation Elimination* project, providing technical assistance to select districts that eliminate isolation and reduce restraint use. (Cost-neutral as funding is already budgeted for biennium.)
- Stops new isolation rooms: Prevents construction of new isolation rooms. (Schools can still create sensory/calming spaces, which are best practice.)

What HB 1795 does NOT do

Does not change current requirements. Existing law that remains in place includes:

- Definitions and limits around isolation and restraint
- Required trauma-informed crisis training for those who restrain or isolate students
- Parent notification
- School reporting and data collection

Effective Practices for Reducing Restraint & Eliminating Isolation that already exist

Schools that have successfully reduced restraint and isolation consistently report the value of:

- Post-incident debriefing with school team
- Incident, disparity, and student data tracking and review
- Strong multi-tiered systems of support (MTSS)
- Robust social-emotional learning
- Trauma-informed regulation supports for students with trauma histories
- Positive student support and de-escalation training

More Resources

[OSPI's Positive Behavior Supports for Resilient and Inclusive Schools](#)

[Moving from Power to Problem Solving with Dr. Ross Greene \(3 free clock hours\)](#)

[True Crisis Prevention with Dr. Ross Greene \(9 free clock hours\)](#)

[OSPI's Reducing Restraint & Eliminating Isolation \(RREI\) Project](#)