

## Lifting Hoist & Slings

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

### WHAT ARE LIFTING HOISTS & SLINGS USED FOR?

Hoists are used to transfer a person from one surface to another. They are designed to reduce the need to manually lift a person who is unable to stand and transfer independently.

The different types of hoists include:

1. mobile hoists
2. stand-up hoists
3. ceiling/overhead hoists
4. fixed wall or floor mounted hoists
5. bath hoists.



General Purpose Sling

### HOW TO USE A LIFTING HOIST & SLING:

#### Transferring a patient off the bed

- Attach the sling according to the manufacturers instruction. Ensure the sling attachment is secure before proceeding.
- Release both castor brakes and then carefully lift the patient off the bed surface as shown, allowing the lifter to adjust position to the correct center of gravity. Ensure the patient's head is adequately supported.
- When the patient is clear of the bed, lift their calves and ankles and gently turn to clear the bed before commencing the transfer. Transfer to bed, chair or toilet and slowly lower and position.

#### Transferring a patient off the chair

- With the patient sitting in the chair, lean the patient forward and slide the sling down the back of the chair. Tuck the bottom of the sling under the tail bone. Slide each sling leg support down the side of the chair and under the leg, between the thigh.
- Slowly raise the patient, ensuring they are secure. Be careful as the lifter may move towards the patient when the boom is raised

### PRECAUTIONS & SAFETY:

#### Before using the Lifter:

- Are the batteries charged?
- Does the lifter require service?
- Are you informed of the correct use of the lifter?
- Are the brakes disengaged (except for floor lift)?
- Does the sling bar hang vertically and move freely?

#### Before using the Sling:

- Is the sling appropriate (type, size, material)?
- Is the sling free of damage (label, seams, loops)?
- Is the sling straps free of twists?
- Is the sling fitted correctly?
- Are the sling's strap loops engaged correctly?

### MAINTENANCE & CLEANING:

- Always follow the instructions on the label.
- Thermal Disinfection: 65 Degrees for 10 minutes / 90 Degrees for 1 minute (Be safe and 8mins to ensure heat penetration)
- Finish wash with rinse cycle.

**TOILETING SLINGS ARE A CROSS - INFECTION RISK. BE AWARE! KEEP THEM CLEAN! TRY TO AVOID MULTI-USE.**