

General Advice: These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

Mobile Lifting Hoists Use

- Mobile Lifting hoists are mobile devices that use a sling to lift and move a person who requires full assistance with their transfers from one place to another. They can be used to transfer patients from beds to wheelchairs, commodes, and other locations. Hoists and slings have certain safe working limits, so a hoist and lifter will be based on the weight and size of the user
- Mobile hoists come with different attachment/head options, the spreader bar or yoke is the most common, this will use slings with webbing loops that allow positioning adjustments to be made by selecting the different coloured loops. Attachment straps at shoulder level determine the position of the back, ranging from upright through to semi reclined and reclined. The attachment straps at the legs determine the approximate degree of flexion at the hip, from around 90° to 45°. The position achieved by adjusting the loops will depend upon the height and build of the client. Generally, the shorter the shoulder straps the more upright the client will be. The other attachment is the pivot head or cradle, these use slings with a clip system and adjustment is made by rotating the pivot/cradle handle either down or up to obtain an upright or reclined position for the client. The frame spreads the sling attachment points to ensure the clients hips are not excessively flexed, minimizing the discomfort some patients can experience with the loop slings. The whole frame can be rocked back and forth to assist in correct client positioning during a lift. Once suspended, clients can easily be repositioned using the pivot frame handles, sling handles or by holding the patients legs

There are a few different sling options based on a user's requirements:

- **General Purpose Sling** - Designed for clients who do not require a lot of back or neck and head support while the patient is in a lifted position
- **Full body or Head Support Sling** - Designed to provide maximum support for the entire body including the neck and head
- **Toilet or Hygiene Sling** - Designed to assist carers to position a client over a toilet or commode chair or to assist carers while dressing or undressing clients. There is a larger opening in the bottom of the sling. This comes with head support if required



Safety

- Always read and follow the manufacturers instructions, in particular any specific warnings related to the hoist or sling.
- Bear in mind that hoists can be difficult to use on carpets
- Always check condition of sling, including making sure the label is legible before use. Slings do have expiry dates. Do not use if you have concern regarding the condition of the sling
- Slings should never be left under a user for long periods of time, this can cause pressure injuries
- An Allied Healthcare Professional should recommend the appropriate hoist and sling required. It is important to use proper manual handling techniques and safety measures when using hoists and slings, and to follow all instructions and guidelines provided by your Allied Health Professional
- Hoists should not be used over long distances or from room to room, a hoist is designed to lift, not as a mobility aid

How to Use a Lifting Hoist & Sling

1. Read the instruction manual for the hoist and sling and become familiar with the controls and safety features of the equipment. Ensure the battery is charged before use. Two carers are generally recommended when using a hoist, you can check this with your Allied Health Professional
2. Assess the environment and move wheelchairs or commodes close to the hoist, hoists should not be used over long distances or from room to room, a hoist is designed to lift not as a mobility aid. Make sure that the area around the hoist is clear of any obstacles or people and that the path of travel is clear
3. Situate the sling under the user as per the manufacturer or allied health professionals instruction. Never tug or pull sling quickly from under user when repositioning, this can cause shearing or tearing of the skin
4. Move the hoist in to place. You will need to lower the hoist's boom using the control to attach the sling to the head of the hoist (using the loops or clips depending on which hoist head is being used) and ensure it is secure. Make sure that the head of the hoist does not come in to contact with the user as it lowers into position
5. Hoist brakes should not be used during lifting/lowering as the hoist needs to be free to move slightly to establish its centre of gravity as it begins to lift/lower
6. Use the hoist controls to raise the user. Make sure that the user is raised smoothly and evenly, be mindful that lifter may move towards the user when the boom starts to lift. Check that the users feet are clear of the hoist and their arms and hands are securely inside the sling. Always check comfort of user as sling starts to lift and throughout transfer
7. Using the handles on the lifter and the power in your legs (try not to twist your body) move the user to the desired location and use the hoist controls to lower the user gently. If positioning someone into a seated position, in a wheelchair or commode, there may be some difficulty getting the user far enough back in the seat. A second person can assist by holding on to the straps on the back of the sling to pull the user further back while the hoist is lowering. The person operating the lifter can also provide some gentle pressure to the knees to push the user further back. If this continues to be an issue a tilt in space commode or wheelchair can make these transfers easier as they provide a better angle to transfer however this should always be assessed and discussed by an Allied Health Professional to ensure the safety of the user and the carers
8. Once user is in desired location, detach sling by releasing the hooks or clips
9. Remove the sling as instructed by your Allied HealthCare Professional, again never tug or pull sling quickly from under user when repositioning, this can cause shearing or tearing of the skin
10. After use, clean and maintain the hoist and sling according to the manufacturer's instructions. Do not leave or store in wet environments
 - **It's important to note** that the specific instructions for using a lifting hoist and sling may vary depending on the type and model of equipment you are using
 - Please ensure you seek the advice of your Allied Health Professional or a member of the Country Care Group Complex Rehabilitation team before using

Precautions & Safety

- Always read and follow the manufacturers instructions
- Hoists should not be used over long distances or from room to room, a hoist is designed to lift, not as a mobility aid

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

- Please check the product label / user manual for specific cleaning instructions
- Always follow the instructions on the label
- Thermal Disinfection: 65° for 10 minutes / 90° for 1 minute (Be safe and 8 minutes 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**
- Should the equipment appear damaged, **DO NOT USE**. It may require replacing

Complementary Assistive Devices



General Purpose Sling



Full Body/Head Support Sling



Weigh Scale



Manual Wheelchair