

EXPERTS IN PATIENT HANDLING SOLUTIONS



LEG LIFTER

This guide covers all products with the prefix LL in the product code.

Where lifting legs into bed is a problem, the **Leg Lifter** allows users to get into and out of bed independently. It can also be used where you need to raise your legs onto the couch/sofa or even into a car.

USER INSTRUCTIONS

SWL
100KG



6-4
FIM
ASSESSED



1

GETTING LEGS INTO BED – UNASSISTED

Please note: YOU MUST have sufficient strength to be able to sit unaided on the edge of the bed.

Sit safely on the edge of the bed or similar, ensuring a safe contact with the floor.

Using the long handles of the **Leg Lifter**, swing the strap under the soles of both feet, not your heels.

Adjust the straps to suit in terms of length so that the feet feel supported, you can then take both straps in one hand.

With your other hand now free, use it to support you as you lean slightly backward, enabling the **Leg Lifter** to support your feet and begin to raise them.

2



3

Swivelling your bottom around (with or without a turning device), continue to use the **Leg Lifter** to support your legs/feet until they are resting on the mattress or lying surface.

Continue to support your feet until you have them in the right place. Then, release one handle and, pulling on one strap, pull the product under your feet and back towards you.

GETTING LEGS INTO BED – ASSISTED

Ask your client/patient to sit safely and comfortably on the edge of the bed/lying surface and hold the **Leg Lifter**, as shown. They will need to have good balance whilst sitting.

Support the feet (not the ankles) with the padded section of the **Leg Lifter**, holding the straps so you do not have to bend or stoop.

4



5

Shorten the length of the straps by 'walking' your hands down, loop by loop, bringing the legs just above the horizontal.

Rotate your patient (they may need a **Rota Cushion** or **Anti-Slip Slide Sheet** to help their bottom to turn) until the legs are safely resting on the bed/lying surface. Remove the **Leg Lifter**.



ALTERNATIVELY, USE THE LEG LIFTER TO SUPPORT UNDER YOUR THIGHS

- If it is easier you can use the **Leg Lifter** under your thigh.
- Place it under the thigh above the knee so it supports your leg.
- Hold onto the **Leg Lifter**, if in a vehicle, support yourself on the steering wheel/dashboard.
- Raise your thigh using the **Leg Lifter** and slowly swing it onto the bed or into the vehicle.
- To remove the **Leg Lifter** let go of one side of it and pull it through gently – not pulling on the leg.
- If using for one leg at a time, repeat the process with your other leg.

MATERIAL CONTENT

Fabric: PVC Coated Polyester
Straps: 100% Polypropylene

STORAGE AND HANDLING

- Store in a clean dry environment that is not subject to excessive heat.
- Keep away from sunlight.
- Store flat and avoid placing heavy objects on top of the product.

WARNINGS AND PRECAUTIONS

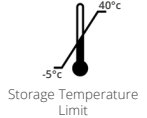
- Do not leave or drop on the floor; it is a trip hazard.
- Inspect product before use for signs of damage or tears.
- Safe Working Load (SWL): 100kgs

CLEANING INSTRUCTIONS

- Wipeclean with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Handles can be carefully handwashed if needed.
- Cleaning materials used should be patient safe and biodegradable.

DISPOSAL INSTRUCTIONS

- Non-recyclable.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.



MANUFACTURER

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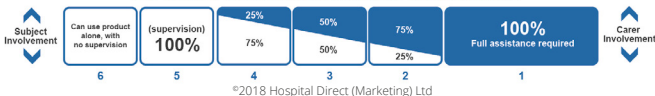
HOSPITAL DIRECT (HD) ADDITIONAL SYMBOLS

At HD we understand that not everyone is familiar with all equipment, so to help therapists and healthcare professionals in assessing a product's suitability for a client, we have included two assessment tools, Functional Independence Measure (FIM) and Easy Guide Symbols. These will enable the healthcare professional to assess their client and decide whether or not a product will help the person based on their level of dependence and functional ability.

FUNCTIONAL INDEPENDENCE MEASURE (FIM) ASSESSMENT

Our FIM assessment guide for each product will help you decide the suitability of this product for the person's ability and need. Based on the standard criteria from Level 6 where the person can use the product unaided and unsupervised to Level 1 where all the assistance is provided by the carer and the client can do nothing, this guide is easy, quick and simple to use to check suitability against ability and circumstance.

FIM LEVELS QUICK GUIDE. SUBJECT VS CARER HELP



EASY GUIDE SYMBOLS

We use four symbols to indicate where a product is suitable and safe for the person to use unassisted, with a single carer or with multiple carers. These symbols indicate the minimum recommendation.



HD has a policy of continuous development and, as such, reserves the right to alter specifications (including measurements, materials and colours) without prior notice. If any serious incident has occurred in relation to the device it should be reported to the manufacturer and the competent authority in which the user and/or patient is established.