



EXPERTS IN PATIENT HANDLING SOLUTIONS



GLIDE AND LOCK WITH ROTARY LEG EXTENSION

This guide covers all products with the prefix GL/RLE in the product code.

The **Glide and Locks with Rotary Leg Extension** enables single carers to help people in and out of bed who have limited mobility.

USER INSTRUCTIONS



TRAINING TIPS FOR USE BY SINGLE CARER

This is an illustrated method for enabling a single carer to help someone raise their legs into bed and then reposition them in the middle of the bed – be it single, double or even super king. In this example we have shown the wipe clean version (available with disposable covers for institutions e.g. nursing homes) but, for people in their own homes and with no continence problems, our breathable, washable version is preferable.

Please note: To use this product safely, your patient/service user will need to have some initial upper sitting balance. Also, for safety reasons you may need to or decide to use safety rails on either side of the client/service user/patient. Remember to carry out your own risk assessment prior to using this method with your patient/client.

SETTING UP

	<h1>1</h1>	<p>With the open side running across the bed, place the SLIDE SHEET width ways next to the headboard, and put the pillow on the edge of the bed, as shown.</p> <p>Place the GLIDE AND LOCK across the bed as illustrated, with the label in the position shown here.</p>
	<h1>2</h1>	<p>Place the rotary disc on the VELCRO SQUARE and then match the Velcro square on the ROTARY LEG EXTENSION sandwiching the rotary disc between the two layers.</p>
	<h1>3</h1>	<p>Let the 'tail' of the ROTARY LEG EXTENSION rest on the floor, with the two side panels displayed as shown here.</p> <p>Please note: The bed should be at such a height that the patient/ user can comfortably sit on the edge of the bed with their feet supported by the floor.</p>

TO MOVE A PATIENT/SERVICE USER FROM SITTING TO A LYING POSITION ON THE BED

PLEASE NOTE: If working on a double, king or super king sized bed, please attach extension straps to handles to help with repositioning.



1

With the patient sitting on the **ROTARY LEG EXTENSION**, support the feet fully by wrapping the **ROTARY LEG EXTENSION** around feet and using handles to suit.

As you stand (maintaining safe and stable posture), raise the patient's legs – taking care not to over extend.

2



3

Begin to swivel patient around.

Remaining close to the patient/user, slide the legs onto the mattress surface.

4



5

Help to lie the patient/user down gently whilst maintaining a safe and stable posture.

The patient/user is now in a lying position on the edge of the bed. Raise any safety sides.

6



TO REPOSITION PATIENT/USER FROM EDGE OF BED INTO MIDDLE

Please note: If working on a double, king or super king sized bed, please attached straps to handles to help with repositioning



1

Pull the flap of the **ROTARY LEG EXTENSION**, closest to you, to slide the legs gently in the direction of the middle of the bed.
Then hold the handles of the **ROTARY LEG EXTENSION** closest to the patient and adopt a safe and stable posture

Maintaining spinal alignment, rock onto your back leg to slide the patient/user torso more centrally on the bed. Keep hands resting on the mattress surface. Do not lift them.

2



3

Now go to the head of the bed and use the upper part of the **SLIDE SHEET** to bring the patient/users upper body towards the middle of the bed and so keep the patient in alignment.

Your patient is now central.

If working on a double, king or super king sized bed, you will need to repeat this process more than once and you will find extension straps useful.

Remember small movements are best for all concerned.

4



TO REMOVE PRODUCT

Please note: If working on a double or king sized bed, please, if possible, work from the side of the patient that you are closest too.



1

Remove the **SLIDE SHEET** using your normal technique. There is no need to move your patient/user.

Next, turn under the corner of the **ROTARY LEG EXTENSION** (furthest away from you), as shown above and pull through so that it is removed from the heel area.

2



3

Log roll your patient towards you and roll up the excess **GLIDE AND LOCK** as shown.
Then lie your patient flat again.

MATERIAL CONTENT

Fabric: 100% polyester/polyester quilting with polyester wadding
 Inner Locking Strips: 100% nylon
 Long handles: Polypropolene
 Anti-slip panel: PVC coated polyester, phtalate free
 Mini rotating disk: Stainless Steel

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 slip hazard.
- Test for slippiness before use. If over-laundered and doesn't slide please discard or replace.
- Inspect product, including handles, before use for signs of damage or tears.

CLEANING INSTRUCTIONS

- Wash as per laundry instructions.
- Can be wiped clean, between use with the same patient, with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Cleaning materials used should be patient safe and biodegradable.

DISPOSAL INSTRUCTIONS

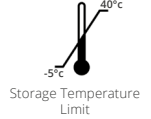
- Non-recyclable.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.

GLIDE AND LOCK

SLIDE SHEET



ROTARY LEG EXTENSION (RLE)



Wash at 30-74°C. Tumble dry on low heat. Do not Iron.
 Do not use bleach. Do not use fabric conditioner.



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.