



EXPERTS IN PATIENT HANDLING SOLUTIONS



ROTARY LEG LIFTER

This guide covers all products with the prefix RLE and JRLE in the product code.

The **Rotary Leg Lifter** takes the difficulty out of getting into and out of bed for people who struggle to get legs in and out of bed.

USER INSTRUCTIONS



This is an illustrated method for enabling a single carer to help someone raise their legs into bed. In this example we have shown the Wipeclean version (available with disposable covers for institution e.g. nursing homes) but, for people in their own homes and with no continence problems, our Standard version is preferable.

PLEASE NOTE: To use this product safely, the person in your care will need to have some initial upper sitting balance and cognitive understanding. Also, for safety reasons you may need to or decide to use safety rails on either side of the bed. Remember to carry out your own risk assessment prior to using this method with the person in your care.

SINGLE CARER - SETTING UP



1

Place the **Rotary Leg Lifter** on the mattress surface as shown, with the two side flaps facing the floor.

Lower the bed (if using a variable height bed) so that the two side flaps are flat on the floor and the turning disc underneath and the **Rotary Leg Lifter** is positioned near the edge of the bed.

Please note: Make sure the user can comfortably sit on the edge of the bed with their feet firmly on the floor (see below).

2



3

The anti-slip on the hard round disc should remain underneath and against the bed surface.

The round disc is joined to the **Rotary Leg Lifter** with a small velcro metal rotating disc which allows the product to swivel.

Ensure that the anti-slip on the underside of the base section is in full contact with the floor so it's safe to stand on and isn't a trip hazard. The product is now setup and ready to use.

4



SINGLE CARER – TO MOVE A PATIENT/USER FROM A SITTING TO LYING POSITION ON THE BED



1

With the patient now sitting on the **Rotary Leg Lifter**, support their feet fully by wrapping the **Rotary Leg Lifter** side panels around their feet and using the webbing handles.

Please note: Choose the handles closest to the patients feet.



As you stand, raise their legs to just above the mattress height, then start to swivel them around onto the mattress.

2



3

Now that both legs are on the bed the user can lie back onto their pillow.



SINGLE CARER – TO REMOVE THE ROTARY LEG LIFTER



1

Ask or help the user to lean away from you so you can lift the top section of the **Rotary Leg Lifter** and separate the large circular disc so you can pull it out as shown.



Then take the bottom section of the product and turn it under itself and start peeling it out from under the feet as shown until it's fully removed.

2



3

Now that it's fully removed from under the body, the product can be cleaned if necessary and stored away.

If the person is still close to the edge of the bed, ask them to shuffle gently to the center.

If the person can help a little by raising their feet or bottom – let them, it is good for rehabilitation, self-worth and feeling involved.

Please note: This product **will not** reposition in the middle of the bed. Once in position, the person will need to be able to shuffle their body a little to the centre of the bed.

For a product that will raise limbs **and** reposition in bed search our website for our **Easy Leg Turner**.

SINGLE CARER – TO HELP A PATIENT/USER TO GET OUT OF BED



1

Please note: You will need the soft disc. First attach the soft disc to the underside of the **Rotary Leg Lifter**.

Ask your patient to turn away from you and position the **Rotary Leg Lifter** underneath them so the velcro square lines up with their bottom and the soft quilted material is facing the bed mattress.

Then roll the person onto their back and peel out the rest of the product. This soft disc will bend with the person's profile.

2



3 Sit the patient forward using the bed or the help of a webbing ladder. Both side flaps can now be gathered around both feet as shown.

3



4 Stand close to the bed and start to swivel the patient's legs around towards you as shown. Remember a good posture and keep the feet close to you as to turn them.

4



5 Continue round until they are facing you as shown.

5



6 Lower the legs gently then lower the bed to the required height so that the patient's feet are safely on the floor.

6



PACK CONTAINS

Standard/Wipeclean versions: 1 x Leg Lifter Top, 1 x Hard Round Disc, 1 x Soft Round Disc and 1 x Metal Rotating Disc

MATERIAL CONTENT

Standard version: 100% polycotton/polyester quilting with polyester wadding

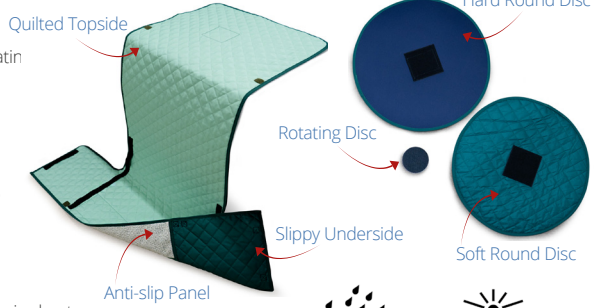
Wipeclean version: PVC coated polyester Handles: 100% polypropylene

Hard round disc: 100% polyester with 100% felt composite and HDPE filling

Soft round disc: Pvc coated polyester, phthalate free

Rotating disc: Stainless Steel

STANDARD VERSION SHOWN



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.



Keep dry



Keep away from sunlight

WARNINGS AND PRECAUTIONS

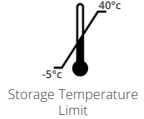
- Do not leave or drop on the floor; it is a slip hazard.
- Test for slippiness before use. If over-laundered and doesn't slide please discard or replace.
- Inspect product, including handles, before use for signs of damage or tears.



Caution



Do not use if package is damaged



Storage Temperature Limit

CLEANING INSTRUCTIONS

- **Standard version:** Remove the metal rotating disks before washing 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.
- **Wipeclean version:** Wipe clean 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.



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

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.



Patient Information website



Medical Device



MANUFACTURER

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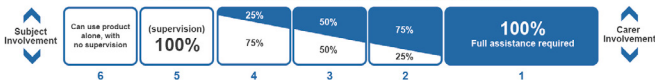
HOSPITAL DIRECT (HD) ADDITIONAL SYMBOLS

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



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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.