

HOW TO USE A HOYER LIFT & U-SLING



Hoyer Lifts allow an individual to be lifted and transferred with minimum physical effort for the caregiver. Before attempting to lift the individual, practice with the lifter by using a helper, not the individual. If you are still unsure how to properly use the lift, stop and ask for assistance from your nurse or other medical professional.

GETTING FAMILIAR WITH ALL OF THE LIFT'S PARTS

- Manual and Powered Hoyer Lifts operate similarly. The manual versions have hydraulic cylinders and a hand-pump, the powered lifters use rechargeable battery packs and a push button hand control. All lifts share the same names as pictured.
- When lowering the individual, open the hydraulic pressure release knob by turning it counter-clockwise, not more than one full turn. The release knob is located on the pump near the pump handle. Battery powered Lifters have a button on the hand control to lower.



THE SLING

- The U-Sling is the most commonly used sling for transferring the individual from bed. Consult the sling manual on how to fold the sling before placing it under the individual. The U-Sling wraps around the thigh and crosses between the legs, preventing sliding from out of the sling. There are also shower slings that can be used to transfer to the toilet, bedside commode, or shower chair.



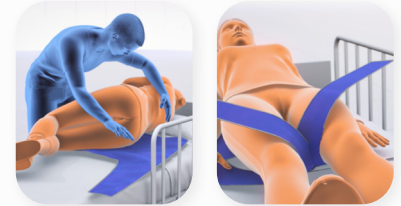
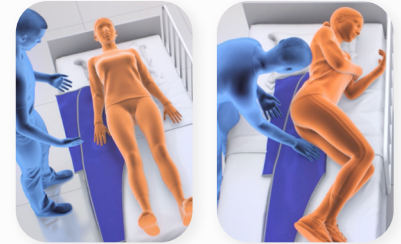
HOYER LIFT / BODY SLING TRANSFER TO WHEELCHAIR



If you are still unsure how to properly use the lift, stop and ask for assistance from your nurse or other medical professional. Remember to lock the wheels on the wheelchair, lock the wheels on the Hoyer lift, and turn off the power for electric chairs when ready to perform this transfer.

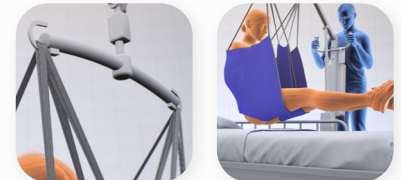
STEP 1 - APPLYING THE SLING

- Place the folded sling on the bed next to the individual (be sure to lower bedside rail if needed).
- Roll the individual so they are resting on their side. Unfold the sling by a third and place the partially folded sling behind their back.
- Carefully roll the individual back towards you and unfold the rest of the sling with the smooth side up.
- Return the individual to their back with the sling now spread out underneath them.
- Gently raise the individual's legs, and pull the leg loops forward and under the thigh. Cross the loops over the thighs.
- Pull one strap through the other.
- Bring the Lift over to the bed and roll the base as far underneath the bed as possible while positioning the cradle over the individual. *Be careful not lower the frame onto them. When using an electric Lift be sure to unplug it from the charging station prior to moving it.*
- Lock the lift in place.



STEP 2 - RAISING THE INDIVIDUAL

- When both sides of the sling are attached to their respective sides of the cradle, raise the individual slowly. Place the specific loop or chain the individual requires to ensure the proper fit to prevent from sliding out of the sling.
- Slowly raise the individual until buttocks are just above the mattress. The self-leveling cradle will bring them into a seated position. Grasp their legs and turn them so their legs hang off the side of the bed. *Do not push or pull the individual off of bed. Lower the bed if you need more clearance.*
- Once the individual has been lifted completely off the bed, you can unlock the lift wheels, grasp the steering handles and move the lift away from the bed. Move the individual into position over the seat of the wheelchair. Make sure wheelchair brakes are on and the area is clear of any rugs or obstacles that can cause the lift to tip over.



STEP 3 - LOWERING THE INDIVIDUAL

- Slowly lower the individual into the wheelchair or other transport device. Use the spreader handle to widen the Hoyer base allowing it to go around the wheelchair.
- Unhook the sling's loops from the lift and move the lift out of the way. Pay attention to the sling bar to ensure it does not swing into the individual.
- Carefully remove the sling from underneath the individual by slightly leaning them from side to side. Refrain from yanking or pulling the sling, this increases the risk of skin injury.
- If traveling to the bathroom or area away from the bed, use the spreader handle to close the base while traveling. Use the spreader handle to open the base around the toilet or shower chair.
- Check for wrinkles on individual's clothing and smooth out. *Wrinkles can cause pressure points on skin.*
- Once the individual is safely and securely in the wheelchair with safety straps or seatbelt applied, unlock the brake, or power on the wheelchair if it is electric.
- If the lift is electric, be sure to plug it back in so the battery can charge.



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