



Sit, Slide and Stand Pad Item # 407H

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Instruction Guide Only - Before using Manual Handling equipment, obtain instructions from a Manual Handling professional and practise with able bodied people. If the exercise appears to be unsafe, either the Carer/s or the acting patient should stop the exercise and start the manoeuvre again.

Setting up the Sit, Slide and Stand Pad

(Note: The wheelchair's footplates and arm rests have been removed to make the photos easier to see.)



1. Place the Sit, Slide and Stand Pad on the chair with the two directional arrows on top facing towards the back of the chair, with the pulling loops at the back of the chair. 2. Lift up the Top Section of the pad and take it to the front edge of the chair so approximately half of the pad is hanging down the front of the chair. The amount may vary on different size chairs. 3. This should leave enough of the pad on the chair for the patient's bottom to be on the pad when they sit down.

Sliding back in Wheelchair with two Carers



1 and 2. The Carer's hand is ready to guide the patient on to the pad as they sit down. 3. The Carers hold the loops nearest to the patient's hips preparing to slide the patient to the back of the chair.



How to hold the Webbing Loops Correctly



DO NOT grip the webbing when going to slide. **DO NOT** wrap the webbing around your wrist. Always put your fingers through the webbing loop and when sliding pull against the stitching of the loop.

4. The patient is now at the back of the chair. Note: The Carers help steady the patient by placing a hand on their shoulders when sliding. As the pad only slides in one direction it is difficult for the patient to slide forward.

Standing a Patient with two Carers



1. The Carers hold the webbing loops as close to the hips as possible. 2. The Carers Bend their knees and block the patient's knees with their bent knees. They each place one hand on the patient's shoulders. 3. The Carers assist the patient to lean forward and then pull on the webbing loops to help them stand. By having the hands on the patient's shoulders, the Carers can help stabilize the patient after they stand up.

Normally two Carers work together, but if this is not possible, one Carer can work alone

Sliding back in Wheelchair with one Carer

1. The Carer has one knee against the back of the chair. She is holding the pulling loops near the patient's hips.

2. The Carer leans back to slide the patient's hips to the back of the chair.



Standing a Patient with one Carer



1. Preparing to help the patient to stand. The Carer has crouched down and is holding the loops closest to the patient's hips. The Carer is blocking the patient's knees by holding them between their own knees. 2. As the patient leans forward, the Carer pulls on the webbing loops to help the patient's bottom raise from the chair. 3. The Carer now stands up as the patient stands. The Carer normally moves one foot back to maintain her balance. This procedure is only done with patients who only need a little assistance when standing. For most standing and transferring we recommend the Handi-Lift / Walk Belt or Soft Transfer Belt.

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Hand or machine wash only, 80°C max. Do not tumble dry or wring - air dry only.

This item does not contain latex.

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