

# MySling®

With PolyWeave® Advanced Fabric

## LOOP SLINGS Instructions for Use

### General Information

This sling is designed to be used in conjunction with a mechanical patient lifting device for the safe lifting and repositioning of the patient. The sling should be positioned around the patient in accordance with the instructions overleaf and attached to the slingbar of the hoist in accordance with the hoist manufacturer's instructions.

This is a patient specific product and should not be machine washed, recycled or redistributed.

MySling slings are 100% breathable and can be left under the patient.

Available slings styles include Universal, Full or High-back, Toileting, Sit-to-stand and amputee.

For amputee patients, use MySling Standard Amputee or Hammock Amputee slings.

### Prior to each use

- Check patient does not exceed either the maximum load of sling or the maximum load of the hoisting equipment.
- Check date of first use and replace if in use for more than 6 months.
- Check wash indicator and dispose of sling if it has been machine washed.
- Check that lifting equipment is fitted with suitable fixing points for the type of sling (see compatibility section)
- Visually inspect all parts of the sling including fabric, seams, stitching, webbing straps and clips. Dispose of the sling if there is any sign of damage or excessive wear.



Do not use any sling showing signs of damage or excessive wear.

### Safe Working Load

MySling Patient Specific Slings are approved for a load of up to 300kg and up to 500kg for XXL sizes.



Check the maximum load of both the hoist and the sling and ensure the lower of the two limits is not exceeded.

### Compatibility



A full risk assessment must be carried out by a suitably qualified individual before any sling is selected to ensure safety for both patient and carer.

Slings fitted with looped webbing attachments are compatible with all 2, 4 or 6 point, loop and hook sling bar lifting systems, subject to a risk assessment.

### Wash Indicator

MySling Patient Specific Slings are designed to be reused with the same patient. They are safe to use in a bathroom, shower or toileting environment and are safe to use when wet. They can be spot cleaned, however they must not be reused after machine washing.

The wash indicator will indicate if the sling has been machine washed as follows:

Prior to machine washing:

After machine washing:



Do not use this sling after it has been machine washed

The sling fabric is made from 70% polyester and 30% viscose. Webbing straps are 100% nylon.

### Expected Lifetime

This sling can be used as long as it does not display any signs of wear or damage prior to each use, however we recommend that you replace the sling after 6 months of use.

### Sling fitting

See reverse of this sheet for general fitting instructions



These instructions are intended as a general guide only. The requirements of individual sling users should be assessed by a competent and qualified individual.

# Fitting Guide

This guide is in relation to the following types of sling:

Universal Slings, High Back Slings, Hammock Slings, Amputee Slings, Hygiene Slings and Sit to Stand Slings with loops.

**A risk assessment must be done prior to using the above slings.**

Please see MySling product brochure for full details of sling sizing, colour coding and product codes.

1. Fit the sling by placing it down behind the patient with the labels and handles away from the patient.
2. Ensure that the commode aperture reaches just below the coccyx.
3. Leave the back of the sling at low level, don't bring up to shoulder level at this stage.
4. Bring the leg sections along each side to the front ensuring that they are fitted under the sides of the thigh.
5. Check that both leg sections are at equal length to the front of the patient.
6. Feed each leg section under the leg and between the thighs, keeping the material flat.
7. **(Universal and high back slings)** Cross one leg strap through the lower loop of the other strap.
8. **(Hammock slings)** Check that the lower edge of the sling reaches the back of the knee.
9. **(Amputee slings)** Pass both leg sections through under both legs passing one leg section through the loop which is fitted part way down the leg section. The loops on the end of the leg section are then passed through the little loops fitted on both sides of the sling fabric, just below the shoulder loops, one on the **inside** and the other on the **outside** of the sling.  
**NB** this sling can also be fitted as a standard **Universal sling**, as above.
10. Bring up the back of the sling that was left at lower level without pulling it out from under the coccyx. Arms should be kept on the **inside** of the sling except when fitting a sit-to-stand sling when arms should remain on the outside of the sling.
11. Attach the loops onto the hanger (spreader) bar. The appropriate, colour coded loops for the patient should be selected according to guidance provided by a qualified M&H professional.
12. **(Hygiene Slings)**
  - a. Fit the sling as in step 1.
  - b. Bring the sides of the sling around and under the arms keeping the arms on the **outside** of the sling
  - c. Feed the leg sections under the leg and between the thighs and cross them over through the lower loop of the other strap.
  - d. **WARNING: this sling is not suitable for all patients. Risk assessment required.**

## Sit to Stand Slings

**Note:** These slings also have an additional loop attachment on the side of the fabric for use with the Arjo loop and lock system.

## Care Plan

Patient name \_\_\_\_\_

Sling model \_\_\_\_\_

Sling size \_\_\_\_\_

Loop - shoulder \_\_\_\_\_

Loop - legs \_\_\_\_\_

## Sizing Chart

These patient measurements should be used as a rough guide to facilitate the initial selection of a sling and should be followed up with a full assessment of the sling's suitability.

Size	Coccyx to top of head	Width at hips
XXS	50cm - 54cm	under 23cm
XS	54cm - 60cm	23cm – 33 cm
S	60cm - 70cm	33cm – 41 cm
M	70cm - 84cm	41cm – 48 cm
L	84cm - 96cm	48cm – 56 cm
XL	96cm - 108cm	56cm – 66 cm
XXL	108cm - 120cm	over 66 cm



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