



**SLING FITTING &
SAFE USE GUIDE**

*For Sling Selection & User
Application*

aspire for...
Comfort
Safety
Support



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DISCLAIMER: This guide is intended to assist you when choosing the most appropriate sling for your patient. It is not intended as a replacement for a complete assessment by a qualified healthcare professional. This guide should be used as an adjunct to training, not as a substitute.

INTRODUCTION



Choosing the right Aspire sling is of vital importance to ensure patient comfort, dignity and safety at all times. Not only is patient weight and size important when selecting a sling, factors such as functional ability, the environment and the task must also be considered.

Aidacare recommends that a risk assessment is completed by a qualified healthcare professional to determine the correct sling and size for each user. This guide is intended to assist you when choosing the most appropriate sling for your patient.

With a number of sling options to choose from, you can be assured that the Aspire range will have a sling to suit your needs.



When selecting and applying a sling, the following steps should be considered in every situation:

1. CARRY OUT A RISK ASSESSMENT
2. CHOOSE YOUR SLING MODEL
3. CHOOSE YOUR SLING FABRIC
4. CHOOSE YOUR SLING SIZE
5. APPLY YOUR SLING

SLING FEATURES



The Aspire range of slings is designed to meet patient needs in the Home, Aged Care and Hospital environments.

Manufactured under the highest quality control standards, the extremely durable slings come in a range of fabrics and sizes to suit the individual patient and caregiver's needs.



DURABLE

Loop webbing has a breaking strain in excess of one tonne and is designed so that it will not tangle or "cork-screw" during cleaning



QUALITY

Manufactured in the UK using European materials, computer guided stitching and CNC fabric cutting



PATIENT COMFORT

Additional padding in weight bearing areas.



MANOEUVRING HANDLES

Thoughtfully positioned handles provide carers with a secure grip point to aid the transfer

EASY CLEAN

Machine washable up to 85°C



SERIAL NUMBERED / EMBROIDERED LABEL
Embroidered labels and a unique serial number to maintain traceability and assist with compliance obligations.



SERVICE AND MAINTENANCE
Service record labels ensure you can record and identify service history



COLOUR CODED SIZING
All slings have reinforced edging that is colour coded for each size available - making them easy to identify



PATIENT DIGNITY
Option to position strap around the outside of legs for more discreet positioning (applicable models)



PATIENT SAFETY
Smart features such as velcro/buckle combinations for more secure positioning and greater patient safety (applicable models)



WARRANTY
The Aspire sling range all come with a 12 month warranty

SLING SELECTION PROCESS



1 CARRY OUT A RISK ASSESSMENT

The manual handling of patients can pose a serious risk to healthcare workers. In fact, injury due to manual handling accounts for 42% of incidents in this environment (Safe Work Australia, 2013). It is therefore important to understand your risk and manage it, by considering the following factors when using your sling.

1. Task

- Is the sling choice appropriate to the task?
- What other equipment is required for the task?
- How frequently will the task occur?

2. Environment

- Is there enough space to carry out the transfer?
- Is the floor level and smooth?
- Are there any trip hazards that could cause injury to the carer or patient?
- Can other equipment in the room minimise the manual handling effort eg. changing bed height?

3. Individual

- What is the patient's functional ability?
- Can the patient assist with the transfer?
- Can the patient comply with the transfer?
- Does the patient have a medical condition which may impact the transfer?
- Are there medical devices to consider eg. catheters or drains?

4. Equipment

- Is the sling choice appropriate to the patient's functional ability?
- Is the sling choice compatible with the lifter?
- Is the sling fabric appropriate to the task and the patient?
- Does the carer know how to apply the sling and safely operate the lifter?
- Is the sling in good condition? It should not be used if fraying, snags or tears are evident.
- Can the labelling be read on the lifter and sling?
- Is the lifter or sling due to have a service?

5. Load

- Is the sling the correct size for the patient's body shape and height?
- Does the patient have a physical presentation which may impact upon the choice of sling eg. amputation?
- Does the sling have an appropriate safe working load (SWL) for the patient's weight?

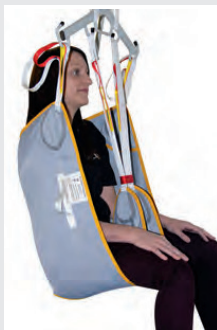
SAFE WORK AUSTRALIA, 2013. *COMPENDIUM OF WORKER'S COMPENSATION STATISTICS AUSTRALIA 2010-11.*

SLING SELECTION PROCESS



2 CHOOSE YOUR SLING MODEL

Your choice of sling model will depend on the task you are using it for and the physical characteristics of the user. With a wide variety of options, it can often be difficult to know which sling is the most appropriate. The tables below will guide you in choosing the correct sling model.



Deluxe General Purpose Sling (Also Available With Head Support)	
Description	An easy-to-fit sling with divided leg sections
Support Offered	Supports the whole body
Type Of Transfer	General transfers including: seated to seated transfers & bed to chair transfers
Material Available	Polyester or Mesh
Attachment	Loop or Clip (Head Support model only)




Deluxe Hygiene Access Sling (Also Available With Head Support)	
Description	Used for ease of toileting and dressing / undressing an individual
Support Offered	Supports the trunk and thighs. A security belt for additional safety
Type Of Transfer	Toilet / hygiene transfers
Material Available	Polyester
Attachment	Loop or Clip (Head Support model only)




Deluxe Standing Sling	
Description	Suitable for individuals who can weight bear and who have appropriate upper body strength to allow standing transfers
Support Offered	User must have weight bearing status and adequate upper body strength. A security belt for additional safety
Type Of Transfer	Only to be used with a standing lifter. For seated to seated (including toilet) transfers
Material Available	Polyester or Mesh
Attachment	Loop or Clip

SLING SELECTION PROCESS





Deluxe Hammock Sling With Head Support	
Description	Suitable for individuals who require additional postural support. This sling is also suitable for amputee users
Support Offered	Full body and head support for users with increased needs
Type Of Transfer	General transfers including: seated to seated transfers & bed to chair transfers
Material Available	Supersoft or Mesh
Attachment	Loop



Deluxe Low Friction Sling	
Description	This sling provides a high level of comfort during transfers and facilitates easy positioning
Support Offered	Supports the whole body
Type Of Transfer	General transfers including: seated to seated & bed to chair transfers
Material Available	Parasilk material, with low friction properties
Attachment	Loop or Clip

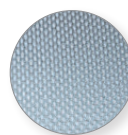
3 CHOOSE YOUR SLING FABRIC

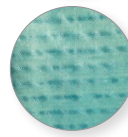
Your choice of fabric will also depend on the task at hand and the physical characteristics of the user.

- 

Polyester
A smooth, knitted polyester fabric of solid consistency for multi-disciplinary use
- 

Super Soft
A "super soft" breathable fabric, which is padded for comfort during longer periods of transfer

- 

Mesh
A versatile, breathable and durable polyester mesh. Ideal for use in wet environments
- 

Parasilk
A smooth, lightweight, low friction polyester fabric. Ideal for easy positioning and optimum comfort

Aspire Sling Type	Polyester	Mesh	Supersoft	Parasilk
Deluxe General Purpose	●	●		
Deluxe General Purpose with Head Support	●	●		
Deluxe Hygiene Access	●			
Deluxe Hygiene Access with Head Support	●			
Deluxe Hammock with Head Support		●	●	
Deluxe Standing	●			
Deluxe Low Friction				●



SLING SELECTION PROCESS

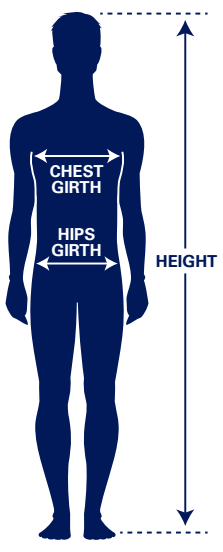
4 CHOOSE YOUR SLING SIZE

Choosing the correct sized sling is of KEY importance for your patient's comfort and safety. For your convenience and ease of use, all Aspire slings are colour coded for size. The below guide will help you to choose the correct size for your patient.



Size	Edging	Girth	Height	S.W.L
Small	Red	65-95cm	120-160cm	200kg
Medium	Yellow	77-110cm	140-175cm	200kg
Large	Green	98-135cm	158-185cm	300kg
X-Large	Blue	118-157cm	165-193cm	300kg
XX-Large	Black	155cm-184cm	170cm-193cm	300kg
XXX-Large	Purple	180cm-210cm	170cm-193cm	300kg

These measurements are intended as a guide only



TAKING MEASUREMENTS

Using a soft, flexible measuring tape, record the measurements suggested below:

TAKING MEASUREMENTS	
GIRTH	For men and children this is the circumference of the chest, as measured just under the arms (or the widest point).
	For women , this is the distance around the hips (or the widest point). Measurements may be taken with the patient lying down or in a seated position.
HEIGHT	To achieve the most accurate measurement, this is best carried out with the patient lying on a flat surface.

Using your measurements, please refer to the above table to determine the correct sling size for your patient.

If in doubt, please seek advice from your qualified health professional or call our Customer Service team on 1300 133 120.

SLING SELECTION PROCESS



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5 APPLY YOUR SLING

A. Deluxe General Purpose Sling (From Sitting)



1. Feed sling behind user's back down to base of spine and position. Ensure all labelling and handles are visible on the outside of the sling.



2. Feed each leg strap underneath each leg, ensuring no twists or folds in the fabric.



3. Bring the straps through the yellow webbing loop to ensure user comfort and safety (optional).



4. Once sling is in place, connect the desired loops (or clips) to the yoke. If using loop attachments, ensure the colours are the same on each side.



5. Commence your lift, ensuring that all loops (or clips) remain secure on the yoke at all times. If correctly positioned, all straps should take up at the same time.



6. When removing the sling, ALWAYS peel it away from the user to avoid skin friction/shear.

TIPS:

- To keep the user in a sitting position, choose short straps at the shoulders and long straps at the legs.
- Throughout the lift, maintain good communication and instruction with your patient.

SLING SELECTION PROCESS



B. Deluxe General Purpose Sling (From Lying)



1. Use recognised manual handling techniques and position the sling under the user. Ensure all labelling and handles are visible on the outside of the sling.



2. Feed each leg strap underneath each leg ensuring no twists or folds in the fabric.



3. Bring the straps through the yellow webbing loop to ensure user comfort and safety (optional).



4. Once sling is in place, connect the desired loops (or clips) to the yoke. If using loop attachments, ensure the colours are the same on each side.



5. Commence your lift, ensuring that all loops (or clips) remain secure on the yoke at all times. If correctly positioned, all straps should take up at the same time.



6. When removing the sling, ALWAYS peel it away from the user to avoid skin friction/shear.

TIPS:

- Don't forget that you can change the height and position of the bed to make the lift easier.
- Always be aware of power cords etc. When manoeuvring the lifter under the bed.

SLING SELECTION PROCESS



C. Deluxe Hygiene Access Sling (From Sitting)



1. Place sling behind user so that padded underarm sections are just below the axilla.



2. To fit the security belt fasten the Velcro first.



3. Then close the buckle at navel level. Ensure the belt is snugly and securely fitted.



4. Feed each leg strap underneath each leg, ensuring no twists or folds in the fabric.



5. Bring the straps through the yellow webbing loop to ensure user comfort and safety (optional).



6. Once sling is in place, connect the desired loop (or clips) to the yoke. If using loop attachments, ensure the colours are the same on each side.



7. Commence your lift, ensuring that all loops (or clips) remain secure on the yoke at all times. If correctly positioned, all straps should take up at the same time.



8. When removing the sling, ALWAYS peel it away from the user to avoid skin friction/shear.

SLING SELECTION PROCESS



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D. Deluxe Hammock Sling (From Sitting)



1. Feed sling behind user's back down to base of spine and position centrally.



2. Pass the leg strap that features the black midline leg strap beneath both legs.



3. Then bring the plain leg strap beneath it, through the large security loop.



4. Feed the coloured loop straps through the small security loops at each side.



5. With the black midline leg strap raised between the user's legs, pass each coloured loop strap through the closest midline loop strap.



6. Once sling is in place, connect the desired loops to the yoke. If using loop attachments, ensure the colours are the same on each side.



7. Commence your lift, ensuring that all loops remain secure within the yoke at all times.



8. When removing the sling, ALWAYS peel it away from the user to avoid skin friction/shear.

TIP: To fit from lying follow the usual, recognised manual handling techniques and the leg configuration as described above.

SLING SELECTION PROCESS



E. Deluxe Padded Standing Sling (From Sitting)



1. Place sling behind user so that padded underarm sections are just below the axilla.



2. To fit the security belt fasten the Velcro first.



3. Then close the buckle at navel level. Ensure the belt is snugly and securely fitted.



4. Move your lifter into place so that the user's feet are on the foot plate. Attach the desired loops (or clips) to the yoke.



5. Once sling is in place, connect the desired loops (or clips) to the yoke.



6. As the lifter raises, the user should hold the lifter grab handles, look forward and gently lean into the sling.



7. To remove the sling, carry out the fitting procedure in reverse. ALWAYS peel the sling away from the user to avoid skin friction/shear

CARING FOR YOUR SLING



To ensure the longevity and safety of your sling, it is important to care for it appropriately.

Regular Care

Wash at temperature <85° C
Do not clean with bleach
Do not tumble dry
Do not iron
Do not dry clean
No fabric softener
Do not wipe with alcohol
Ensure Velcro fastenings are fully attached before washing to avoid lint buildup
Only use non-biological washing detergents and rinse thoroughly
Ensure back stays (if present) are always removed before washing

Every 6 Months

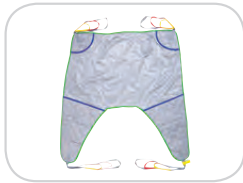
Aidacare Sling Auditing

Old Slings? Don't risk it. An old, worn out or faulty sling could be a significant safety risk for your organisation

Aidacare's Sling Audit Program can assist you to ensure your sling inventory is in safe working order at all times.

Periodic sling audits are now a mandatory accreditation requirement. Ask us how we can help you manage the risk in this area of your business.

ASPIRE SLING RANGE



DELUXE GENERAL PURPOSE SLING

Code	Description	Edging	S.W.L
LSS390700	Polyester - Loop - Small	Red	200kg
LSS390705	Polyester - Loop - Medium	Yellow	200kg
LSS390710	Polyester - Loop - Large	Green	300kg
LSS390715	Polyester - Loop - X-Large	Blue	300kg
LSS390716	Mesh - Loop - Small	Red	200kg
LSS390717	Mesh - Loop - Medium	Yellow	200kg
LSS390718	Mesh - Loop - Large	Green	300kg
LSS390719	Mesh - Loop - X-Large	Blue	300kg

Deluxe General Purpose Sling is registered in the ARTG, AUST R ARTG 224718



DELUXE GENERAL PURPOSE SLING WITH HEAD SUPPORT

Code	Description	Edging	S.W.L
LSS390740	Polyester - Loop - Small	Red	200kg
LSS390745	Polyester - Loop - Medium	Yellow	200kg
LSS390750	Polyester - Loop - Large	Green	300kg
LSS390755	Polyester - Loop - X-Large	Blue	300kg
LSS3907551	Polyester - Loop - XX-Large	Black	300kg
LSS3907552	Polyester - Loop - XXX-Large	Purple	300kg
LSS390756	Mesh - Loop - Small	Red	200kg
LSS390757	Mesh - Loop - Medium	Yellow	200kg
LSS390758	Mesh - Loop - Large	Green	300kg
LSS390759	Mesh - Loop - X-Large	Blue	300kg
LSS3907591	Mesh - Loop - XX-Large	Black	300kg
LSS3907592	Mesh - Loop - XXX- Large	Purple	300kg
LSS390900	Polyester - Clip - Small	Red	200kg
LSS390905	Polyester - Clip - Medium	Yellow	200kg
LSS390910	Polyester - Clip - Large	Green	300kg
LSS390915	Polyester - Clip - X-Large	Blue	300kg
LSS390916	Mesh - Clip - Small	Red	200kg
LSS390917	Mesh - Clip - Medium	Yellow	200kg
LSS390918	Mesh - Clip - Large	Green	300kg
LSS390919	Mesh - Clip - X-Large	Blue	300kg

Deluxe General Purpose Sling is registered in the ARTG, AUST R ARTG 224718



DELUXE HYGIENE ACCESS SLING

Code	Description	Edging	S.W.L
LSS390760	Polyester - Loop - Small	Red	200kg
LSS390765	Polyester - Loop - Medium	Yellow	200kg
LSS390770	Polyester - Loop - Large	Green	300kg
LSS390775	Polyester - Loop - X-Large	Blue	300kg
LSS390776	Polyester - Loop - XX-Large	Black	300kg
LSS390777	Polyester - Loop - XXX-Large	Purple	300kg

Deluxe Hygiene Access Sling is registered in the ARTG, AUST R ARTG 224719

To view our comprehensive range of slings (including pivot slings) please visit www.aidacarelifters.com.au

ASPIRE SLING RANGE



DELUXE HYGIENE ACCESS SLING WITH HEAD SUPPORT



Code	Description	Edging	S.W.L
LSS390780	Polyester - Loop - Small	Red	200kg
LSS390785	Polyester - Loop - Medium	Yellow	200kg
LSS390790	Polyester - Loop - Large	Green	300kg
LSS390795	Polyester - Loop - X-Large	Blue	300kg
LSS390940	Polyester - Clip - Small	Red	200kg
LSS390945	Polyester - Clip - Medium	Yellow	200kg
LSS390950	Polyester - Clip - Large	Green	300kg
LSS390955	Polyester - Clip - X-Large	Blue	300kg

Deluxe Hygiene Access Sling is registered in the ARTG, AUST R ARTG 224719



DELUXE HAMMOCK SLING WITH HEAD SUPPORT

Code	Description	Edging	S.W.L
LSS390800	Super Soft - Loop - Small	Red	200kg
LSS390805	Super Soft - Loop - Medium	Yellow	200kg
LSS390810	Super Soft - Loop - Large	Green	300kg
LSS390815	Super Soft - Loop - X-Large	Blue	300kg
LSS390860	Mesh - Loop - Small	Red	200kg
LSS390865	Mesh - Loop - Medium	Yellow	200kg
LSS390870	Mesh - Loop - Large	Green	300kg
LSS390875	Mesh - Loop - X-Large	Blue	300kg

Deluxe Hammock Sling is registered in the ARTG, AUST R ARTG 224720



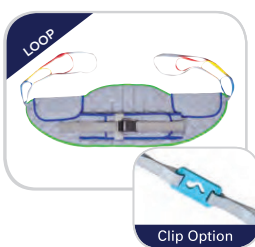
DELUXE LOW FRICTION SLING



Code	Description	Edging	S.W.L
LSS390880	Parasilk - Loop - Small	Red	200kg
LSS390885	Parasilk - Loop - Medium	Yellow	200kg
LSS390890	Parasilk - Loop - Large	Green	300kg
LSS390895	Parasilk - Loop - X-Large	Blue	300kg
LSS390960	Parasilk - Clip - Small	Red	200kg
LSS390965	Parasilk - Clip - Medium	Yellow	200kg
LSS390970	Parasilk - Clip - Large	Green	300kg
LSS390975	Parasilk - Clip - X-Large	Blue	300kg

Deluxe Low Friction Sling (Loop) is registered in the ARTG, AUST R ARTG 224720

Deluxe Low Friction Sling (Clip) is registered in the ARTG, AUST R ARTG 224718



DELUXE STANDING SLING

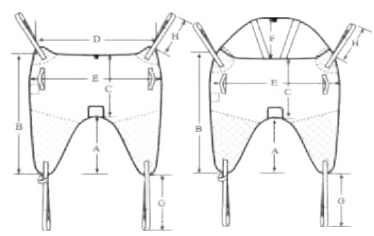
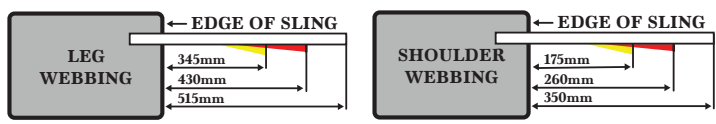
Code	Description	Edging	S.W.L
LSS390720	Polyester - Loop - Small	Red	200kg
LSS390725	Polyester - Loop - Medium	Yellow	200kg
LSS390730	Polyester - Loop - Large	Green	300kg
LSS390735	Polyester - Loop - X-Large	Blue	300kg
LSS390736	Polyester - Loop - XX-Large	Black	300kg
LSS390737	Polyester - Loop - XXX-Large	Purple	300kg
LSS390920	Polyester - Clip - Small	Red	200kg
LSS390925	Polyester - Clip - Medium	Yellow	200kg
LSS390930	Polyester - Clip - Large	Green	300kg
LSS390935	Polyester - Clip - X-Large	Blue	300kg

Deluxe Standing Sling is registered in the ARTG, AUST R ARTG 224698

SLING DIMENSIONS

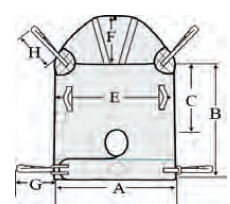
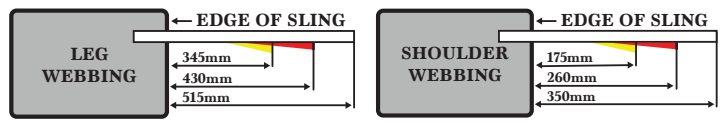


DELUXE GENERAL PURPOSE SLING & DELUXE LOW FRICTION SLING



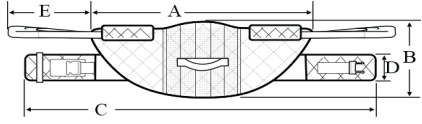
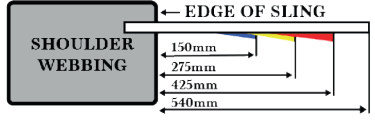
Finished Sling Dimensions (mm)						
	S	M	L	XL	XXL	XXXL
A	430	475	510	510	605	700
B	945	1015	1095	1105	1200	1295
C	515	540	635	660	660	660
D	730	830	850	950	1010	1100
E	860	970	1060	1120	1180	1270
F	410	410	410	410	410	410
G	515	515	515	515	515	515
H	350	350	350	350	350	350

DELUXE HAMMOCK SLING WITH HEAD SUPPORT



Finished Sling Dimensions (mm)				
	S	M	L	XL
A	845	875	925	995
B	900	1000	1020	1040
C	490	580	645	750
D	730	820	870	920
E	860	945	1030	1090
F	410	410	410	410
G	515	515	515	515
H	350	350	350	350
I	160	160	160	160

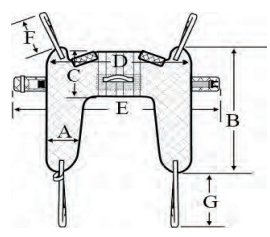
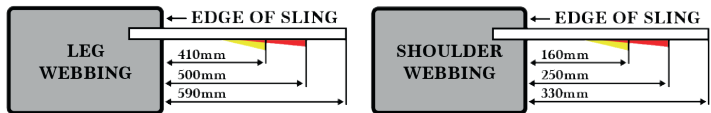
DELUXE STANDING SLING



Finished Sling Dimensions (mm)						
	S	M	L	XL	XXL	XXXL
A	860	960	1060	1160	1260	1360
B	325	325	325	330	330	330
C	43.5" / 1105	48" / 1215	57.5 / 1460	67.5" / 1715	77.5 / 1970	87.5 / 2220
To Fit Waist (Inches)	27-38.5"	31-43.5"	40-53.5"	51 - 62.5"	61-72.5"	71-82.5
D	130	130	130	130	130	130
E	540	540	540	540	540	540

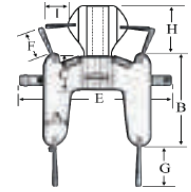
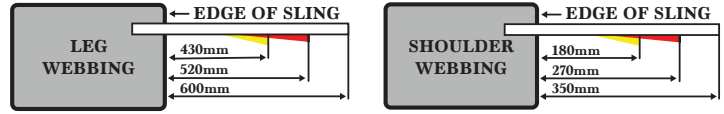
SLING DIMENSIONS

DELUXE HYGIENE ACCESS SLING



Finished Sling Dimensions (mm)						
	S	M	L	XL	XXL	XXXL
A	175	175	200	205	205	205
B	865	980	1040	1065	1155	1245
C	320	330	330	340	340	340
D	840	960	1030	1170	1260	1350
E	43.5" / 1105	48" / 1215	57.5" / 1460	67.5" / 1715	77.5" / 1970	87.5" / 2220
To Fit Waist (Inches)	27-38.5"	31-43.5"	40-53.5"	51-62.5"	61-72.5"	71-82.5"
G	590	590	590	590	590	590
H	330	330	330	330	330	330

DELUXE HYGIENE ACCESS SLING WITH HEAD SUPPORT



Finished Sling Dimensions (mm)				
	S	M	L	XL
A	195	200	210	210
B	890	935	1010	1080
C	280	280	305	310
D	860	980	1050	1130
E	43.5" / 1105	48" / 1215	57.5" / 1460	67.5" / 1715
To Fit Waist (Inches)	27-38.5"	31-43.5"	40-53.5"	51-62.5"
F	350	350	350	350
G	600	600	600	600
H	500	500	500	500
I	WEBBING ADJUSTABLE FOR THE PATIENTS COMFORT AND POSITION			

Notes:

- These dimensions are a guide only and shrinkage may occur during the laundering process.
- All measurements are +/- 5%
- All measurements are in millimetres, except belt measurements (To Fit Waist) on the Deluxe Hygiene Access Sling and Deluxe Standing Sling.

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