

Chesil Sailability Standard Operating Procedures

Part 3 SOP- Core Operating Procedures

Sling Instructions

Fitting a sling

Check sling size by the colour coded binding – note this may not be universal colour coding.

Small – red; Medium – yellow; Large – green.

Sling size and weight guide (approx.)

	Height	Weight (kg)	Weight (lbs)
Small	4' - 5'6"	43 - 68kg	95 - 150lbs
Medium	5' - 6'	56 - 113kg.	125 - 250lbs
Large	6' - 7'	113 - 181kg	250 - 400lbs

One Standing Sling marked ?? has a Safe Working Load of 136 Kg
All other slings have a Safe Working Load of 200 Kg
The Safe Working Load for the Academy Hoists is 160 Kg

Fitting the Sling

Make sure the handles on the back face away from the person's back. The two leg pieces should be at the bottom. Check that the sling is in good condition.



1. Put sling behind the back

Slide the sling down as far as possible between the chair back and the person's coccyx/lower back – push down with the palm of your hand.

Leave the sling halfway down the persons back (at this stage don't bring the sling to shoulder level).

Make sure the person doesn't tip forward – but, if possible, ask them to lean forward slightly. A frame can be used if the sailor can pull themselves up.

Bring the leg sections towards the front along the person's thighs. Pull lightly to ensure that they are of equal length and push the leg support's lower edge down towards the seat.

Position leg sections

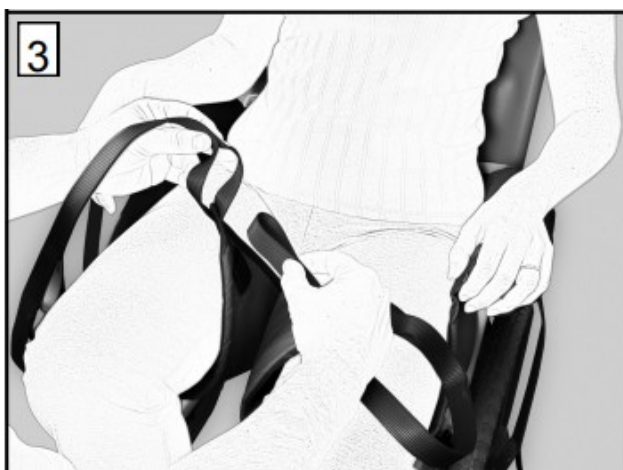


Raise the person's leg and feed the leg sections under the person's thighs. Support the leg on a low stool or your knee/thigh to help.

Feed as much material as possible under and between the thighs for more support and comfort.

Ensure the sling is not twisted or creased.

2. Cross the leg straps



Important - At the base of the leg section strap there is a loop. Bring the straps together and cross one leg strap through the lower loop of the other strap.

You may

need to ask the person to check the catheter position if a catheter is used.

3. Fit to shoulders and final check



Raise the top of the sling level with the person's shoulders, without pulling it away from the base of the spine. Check the sling is fitted equally around the person and ask if they are comfortable. Tuck the straps in so they don't get caught by the wheelchair wheels on the way to the pontoon.

Video instructions: <https://www.youtube.com/watch?v=1EJeuC-la8c>

To remove the sling, carry out the fitting procedure in reverse. Important - always peel the sling away from the person to avoid skin friction and movement.

Hang the sling out if it is wet.

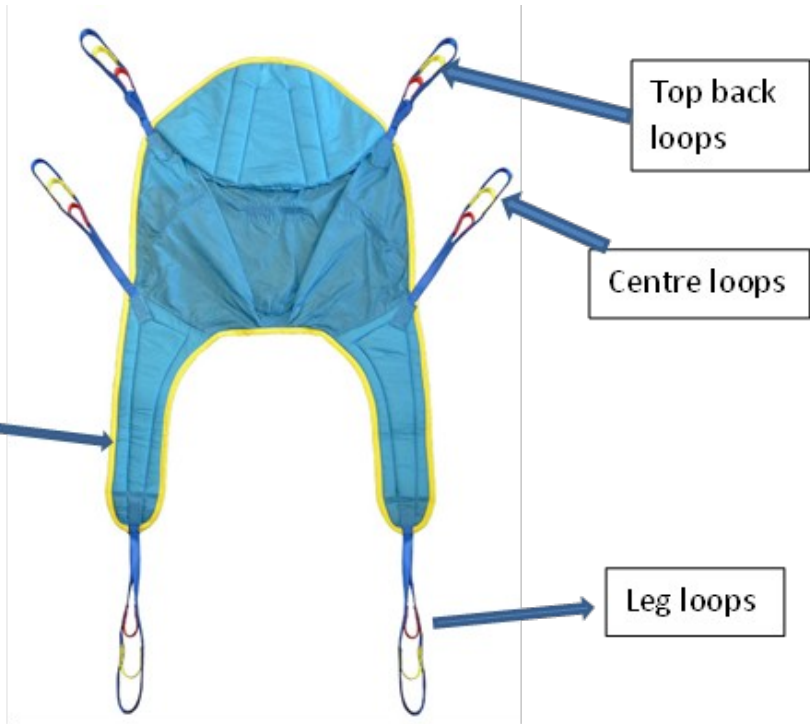
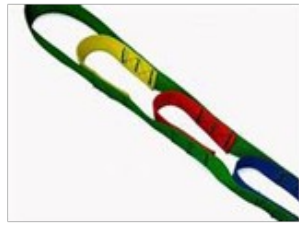
HOISTING

The Hoist Safe Working Load is 160Kg. This must not be exceeded.

Slings can have 4 or 6 hoisting loops and the colours vary.

Attach the **shoulder and waist loops to the hook facing the sailor, attach the leg loops to the hook facing away from the sailor, on the spreader bar. Ensure arms are inside the sling.**

It is important to keep the sailor in an upright sitting position. Generally use shorter loops for the shoulder and longer loops for the leg: remember S – short-shoulder and L long – leg. (Other loop combinations are used for people lying horizontal).



Check you have crossed one leg strap through the loop of the other leg strap.



Check the person is comfortably supported by the sling under the bottom and by the shoulders.

Check you have used the right loops so that all the straps are at the same height at the spreader bar – to keep the person in an upright position. Generally use shorter loops for the legs and longer loops for the shoulders.