



## **HOW TO CHOOSE STYLE/SIZE OF A HOME CARE SLING: Floor, Sit-stand and Overhead Lifts**

Sling sizes and fit vary from one manufacturer to another and also vary depending upon the style of sling. In the WRHA Home Care program, slings are **NOT** interchangeable-use mechanical overhead lift slings with the mechanical overhead lift, and designated mechanical floor lift slings for the floor lift.

Sling selection requires clinical judgement and consideration of multiple factors. The two biggest decisions are style and size of sling.

**STYLE:** Considerations when choosing style of sling:

- What is the purpose of the sling- transfers, limb lifting, hygiene
- What type of transfers will the sling be used for e. g to commode, bed, tub
- How much support is required e.g. does the client need head support?
- Are there specific issues such as above knee amputation, spasticity, limited range of motion at the hips and/or knees, presence of pain, skin breakdown, wounds, risk of pressure on back, buttocks or thighs, strength, tone, sitting balance, cognitive status, behavioral factors that may influence the safety of the transfer
- Ease of insertion and removal of the sling

**SIZE: To determine size of sling, use width, length, and client's weight as a guide.**

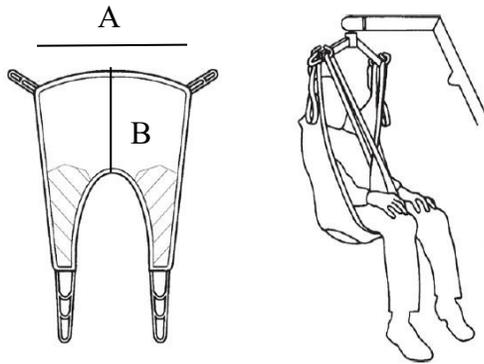
- Client's weight must be within the weight capacity of the **lift**. The weights listed for the slings are to be used to assist with sizing, they are not weight capacities for the slings.
- Width of the sling should be sufficient to come up along the sides of the client to provide support when the client is lifted.
- Assessment slings are provided to each hospital OT department for trial with clients.
- If the sling is too large, the client will tend to slide down and this may cause extreme hip flexion.
- If the sling is too small, the client may not have adequate back support and the sling may cause pressure on the upper back, shoulder protraction and respiratory restriction.
- If the client's shoulders are above the sling shoulder attachment point (where the strap connects to the body of the sling), consider a larger sling or a sling with head support
- If the client's shoulders are below the sling shoulder attachment point due to a very small or thin client, then a smaller sling should be considered
- Weight distribution can help guide sizing recommendations, the size small slings are for very petite people or children. If your client's weight is in the range of 125 to 150 pounds (the overlapping weights between small and medium in the sizing guidelines), choose the size medium if your client is of average height and has average sized hips and shoulders. Choose the smaller size for small framed individuals or children. For instance, a 145-pound person who is 5'2" and has a large abdomen, might need a small. A 130 pound 5'8" person who has muscle atrophy and other weight loss would be best off in a medium. The same reasoning applies to the overlapping weights between other sling sizes.
- Adjusting the sling loops: General rule is "*short at the shoulder, long at the legs.*" If a longer loop is used at the shoulder, the client will be more reclined. If the leg loop is shorter, the client will also be more reclined and there will be more hip flexion. The type of lift may also be a factor when loops are selected. Overhead and Hoyer Advance floor lifts tend to lift clients closer to the unit than the regular Hoyers and thus often require addition space when selecting the shoulder strap (often middle shoulder strap is used)



## FLOOR LIFTS (HOYER AND HOYER ADVANCE)

- Maximum weight capacity for **all floor slings** is 500 lbs./227kgs
- Weight capacity of the Hoyer Lift is 400 lbs./181 kgs. and the Hoyer Advance is 340 lbs./154 kgs.
- The Hoyer Advance lifts higher than the Hoyer so it may work better if a large sling is needed as it allows for more clearance e.g. into a higher wheelchair.
- Floor lift slings are dark grey in colour with black straps, edging colours indicate size.
- There are 4 types of slings:

### 1) Quick Fit Padded/Quick Fit Bath Sling (Floor Lifts)



#### ORDERING INFORMATION

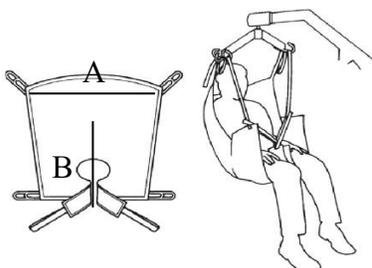
Small	SAP 323064	Bath (mesh) Small	SAP 313174
Medium	SAP 323063	Medium	SAP 313173
Large	SAP 313176	Large	SAP 313172

**USAGE** This easy-to-apply sling tends to have a large opening, suitable for commode use. It is commonly used and works well with most clients. Client sits more upright than other slings. It has a shorter back so clients require good trunk control. This sling will not support a high-level lower extremity amputee, as it simply crosses under the femurs. The Quick Fit Bath sling is a mesh version of the Quick Fit Padded.

Sizing	A	B	Client's weight (guide only not weight capacity)
Small (red trim)	75 cm/29.5"	52 cm/23"	75-150 lbs./34-68 kgs.
Medium (yellow trim)	90 cm /35 "	58 cm /25"	125-200lbs./57—91kgs.
Large (green trim)	105 cm/ 41 "	78 cm/ 28"	175-300lbs./79-136kgs.

### 2) Quick Fit Deluxe/Quick Fit Deluxe Bath Sling (Floor Lifts)

#### Ordering Information



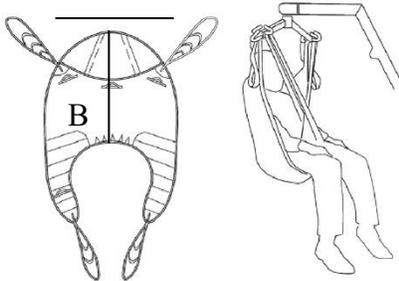
X-small	SAP 314953	Bath (mesh)	
Small	SAP 313153	Small	SAP 313137
Medium	SAP 289640	Medium	SAP 313166
Large	SAP 323062	Large	SAP 313165
X-large	SAP 325308		



**USAGE:** This sling is safe to use with most amputees as per manufacturers guidelines. This sling allows for better positioning of lower extremities than the quick fit padded slings. It can be used post THA/ hip fractures as client can be reclined with less hip flexion. There is a mesh version of the Quick Fit Deluxe called Quick Fit Deluxe Bath. The leg straps are more complex with two sets of legs straps. These slings do not cross under the client’s femurs, but do provide a loop under each thigh. This leg loop provides extra leg support and may be preferable to clients with sensitive skin or leg pain. The short straps between the client’s knees are crossed one through the other. Then the long strap passes through the short one at the outside of each knee and the long strap on each side is attached to the cradle hook.

<b>SIZING:</b>	A	B	Client’s weight (guide only not weight capacity)
X-Small (brown trim)			
Small (red trim)			75-150 lbs./34-68 kgs.
Medium (yellow trim)	88 cm/34.5”	75 cm/29.5”	125-200lbs./57—91kgs.
Large (green trim)	104cm/41”	84 cm/33”	175-300lbs./79-136kgs.
X-large (blue trim)			275-500 lbs./125-227kgs.

### 3) Full Back Sling (Floor Lifts)



#### Ordering Information

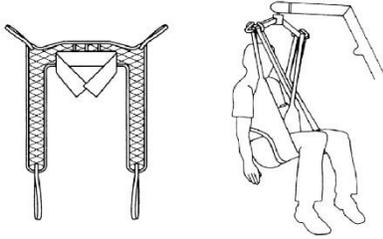
Small	SAP 323056
Medium	SAP 313140
Large	SAP 313139
X-large	SAP 325307

**Usage:** This sling cradles and supports a client fully and is the most supportive sling. It is bulkier than other slings. This sling can be more challenging to insert/remove in a seated position and needs to be tucked well under client’s coccyx area for proper support. It has built in head/neck support, and padded leg straps. The full body support is good for clients who have poor trunk strength/control, weakness, extensor tone, or have involuntary movements, or behavioural issues. May work well palliative clients or clients with dementia as it fits snugly, feels like being wrapped in a cocoon. May not be appropriate for high functioning individuals who do not require a lot of support as can feel “claustrophobic.” This sling tends to size larger, so you may need to order a size down.

<b>Sizing</b>	A	B	Client’s weight (guide only not weight capacity)
Small (red trim)			75-150 lbs./34-68 kgs.
Medium (yellow trim)	95cm/37.5”	105 cm/41”	125-200lbs./57—91kgs.
Large (green trim)			175-300lbs./79-136kgs.
X-large (blue trim)			275-500lbs/125-227kgs.



#### 4) Access or Hygiene Slings (Floor Lifts)



**Usage:** These slings are not commonly used. They will require an assessment by the therapist, approval from the Program Consultant and training by the Therapist with the Delegated Task Program. These slings are good for toileting, as garments can be removed while the client is in the sling and eliminates the step of dressing and undressing in bed. These slings may also work well for clients with spinal cord injuries for bathing. The slings transfer the client in a sitting position

and support is concentrated around mid-section so client must have adequate sitting balance, U/E strength, muscle tone and good bone structure e.g. may not be appropriate for a client with osteoporosis. This sling is not recommended from a lying position. The client’s functional status should be stable, and not fluctuating. When sizing, use the circumference of client’s waist and weight as a guide. SAP numbers can be obtained from Program Consultant for ordering.

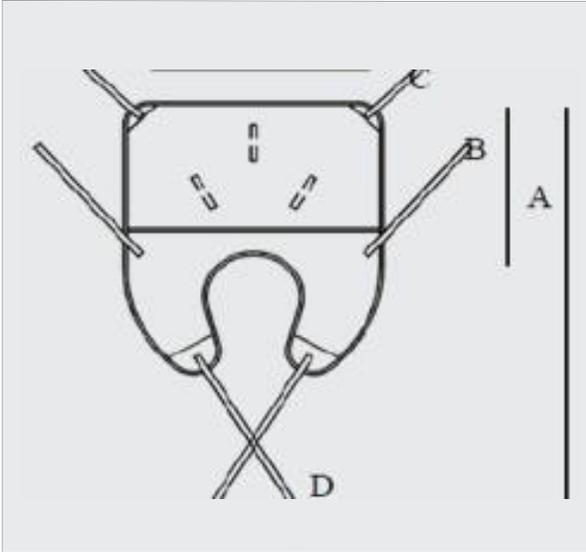
Sizing	Width	Client’s weight (guide only not weight capacity)
Small (red trim)		75-150 lbs./34-68 kgs.
Medium (yellow trim)	91 cm-117cm/36”-46”	125-200lbs./57—91kgs.
Large (green trim)		175-300lbs./79-136kgs.



## Overhead Lift Slings

- The two most common slings are the quick fit and the hammock.
- Hygiene, positioning, limb and a pannus slings are also available and require client specific training. Positioning slings are designed for repositioning a client, limb slings are designed for lifting limbs and pannus slings are designed for lifting a client's pannus to assist with hygiene.
- Overhead lift slings are white mesh with colour coded straps per sizing.

### 1) Quick Fit Slings (Overhead Lifts)



#### Ordering Information

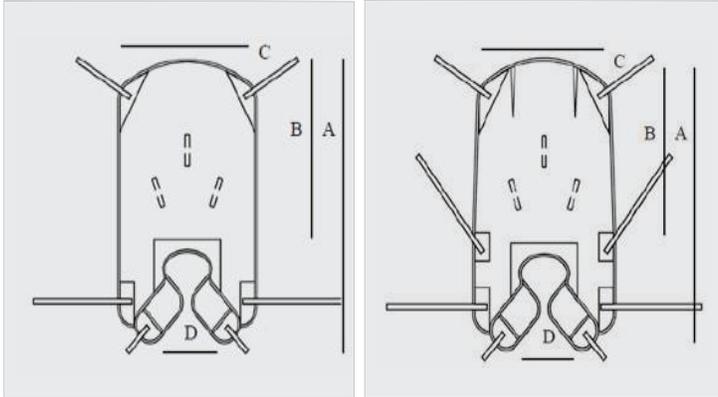
Small	SAP 324061
Medium	SAP 327341
Large	SAP 324060

**Usage:** General purpose sling, does not provide head support. Good for clients with obesity, or stocky. Extra room for large hips or thighs. Leg straps are always crossed. Hip straps attach directly to the lift.

Sizing- refer to diagram	A	B	C	D	Client's weight for guide only/not capacity
Small (red straps)	102 cm/40 in	56 cm/22 in	89 cm/35 in	31 cm/12 in	20-45 kg/45-100 lbs.
Medium (yellow straps)	117 cm/ 46 in	66 cm/ 26 in	99 cm/42 in	36 cm/14 in	45-90 kg/100-200 lbs.
Large (green straps)	127 cm/ 50 in	71 cm/ 28in	109 cm/43 in	37cm/14 in	90-272 kg/200-600 lbs.



## 2) Hammock Slings (Overhead Lifts)



### ORDERING INFORMATION

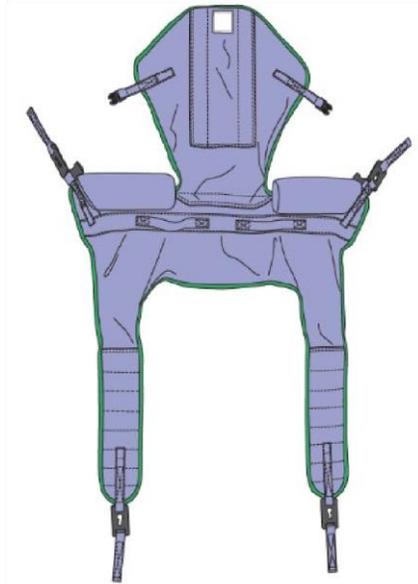
	4 strap hammock (1 <sup>st</sup> picture)	6 strap hammock (2 <sup>nd</sup> picture)
X-small	N/A	314593
Small (red strap)	328354	324055
Medium (yellow strap)	293297	293299
Large (green strap)	293298	293300
X-large (blue strap)	N/A	324056

**Usage:** Provides full head and neck support, it tucks under the coccyx and fits lower than most other slings. Smaller openings than quick fit design. May be a better option for clients with above knee amputations. When ordered with 6 straps, 4 at the leg- through the short one on each side and then go straight up to attach to the lift. Slings are mesh material for quick drying. There is double padding in the thigh region for comfort. Weight capacity of the sling is 600 lbs.

Sizing	A	B	C	D	Client's weight for guide only/not capacity
Small (red strap)	106 cm/42 in	76 cm/30 in	66 cm/26 in	23 cm/ 9 in	45-100 lbs/20 -45 kgs
Medium (yellow strap)	125 cm/49 in	94 cm/37 in	86 cm/34 in	28 cm/11 in	100-200 lbs/45-90 kgs
Large (green strap)	145 cm/57 in	106 cm/42 in	97 cm/38 in	28 cm/11 in	200-600 lbs/ 90-272 kgs
X-large (blue strap)					



### 3) Toilet Slings (Overhead Lifts)

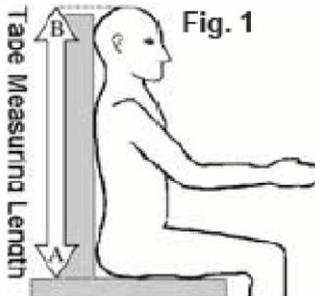


#### Ordering Information

	With Head Support	Without Head Support
Small	SAP 350442	SAP 350381
Medium	SAP 350444	SAP 350382
Large	SAP 350445	SAP 350383
X-large	SAP 350446	SAP 350430

**Usage:** New sling as of January 2022, replacing hygiene slings. They will require an assessment by the therapist, approval from the Program Consultant and training by the Therapist with the Delegated Task Program. The toilet slings are designed to be used to assist clients in toileting. Clients should have good upper body strength and some trunk stability. When applying/removing the sling in bed and lifting the client from the bed, the client should be in a seated position in the bed. A slider may be required to assist with applying/removing the sling in bed.

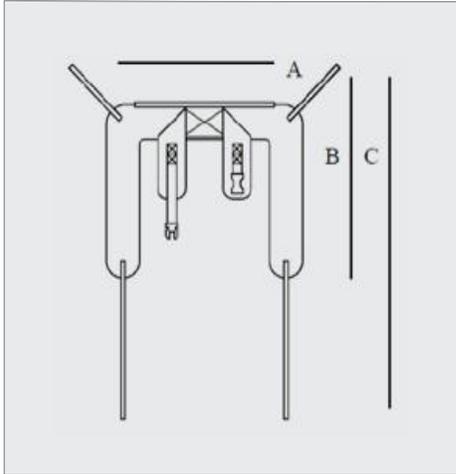
**SIZING:** Measurements below are for a guide only. The patient's width and body proportions should also be considered when selecting the correct size of sling. If possible measure the client while in a seated position. Measure from coccyx against the seat to the top of the head.



Sizing	A to B measurement (see diagram)
Small (red strap)	24- 28.7 inches /61-72.7 centimeters
Medium (yellow strap)	28.7- 33.7 inches/72.7- 84.7 centimeters
Large (green strap)	33.7- 37.6 inches/84.7-94.7 centimeters
X-Large (blue strap)	37.6-41.5 inches/ 94.7-104.7 centimeters



#### 4) Hygiene slings (Overhead Lifts)- Discontinued - limited supply remaining.



**Usage:** These slings are not commonly used. They will require an assessment by the therapist, approval from the Program Consultant and training by the Therapist from the Delegated Task Program. These slings are good for toileting as garments can be removed while the client is in the sling and eliminates the step of dressing and undressing in bed. These slings may also work well for clients with spinal cord injuries for bathing. The slings transfer the client in a sitting position and support is concentrated around mid-section so client must have adequate sitting balance, U/E strength, muscle tone and good bone structure e.g. may not be appropriate for a client with osteoporosis. The client's functional status should be stable, and not fluctuating. SAP numbers can be obtained from Program Consultant for ordering

Sizing	A	B	C	Client's chest circumference
Small (red strap)	97 cm/38 in	84 cm/33 in	89 cm/35 in	69-89 cm/27-35 in.
Medium (yellow strap)	117 cm/46 in	94 cm/37 in	99 cm/39 in	89-107 cm/35-42 in
Large (green strap)	106 cm/42 in	89 cm/35 in	106 cm/42 in	107-125 cm/42-49 in

#### Positioning slings are only available for overhead lifts and are available in two sizes.

SAP 215378 Regular size 41" x 80" / 104 cm x 203 cm

SAP 381005 Bariatric size 57" x 82" / 145cm x 208 cm



## SIT-STAND LIFTS

WRHA Program Consultant for Home Care Equipment will determine model of sit-stand lift to be provided based on availability. SAP for lift or sling does not need to be provided when ordering. The size of the sling must be requested. Waist circumference should be used to choose sling size for all models.

Small 24-34 inches or 61-86cms.

Medium 30-43 inches or 76-109cms.

Large 34-49 inches or 86-124cms.

X-large 42-63 inches or 107-160cms.