

# HOYER<sup>®</sup>

## How To Use A Patient Lifter

A Positioning and Transfer Guide



 **SUNRISE  
MEDICAL.**

800-333-4000

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"HOW TO USE A PATIENT LIFTER" is a training guide that was prepared with the assistance of Charles M. Magistro P.T., past President, American Physical Therapy Association and Richard W. Bohannon, Ed D, P.T., NCS, Professor.

## BASIC RECOMMENDATIONS

HOYER lifters allow a person to be lifted and transferred with a minimum of physical effort. Before attempting to lift anyone, **practice using the lifter**. Take turns with fellow clinicians, practicing on each other. It is important that you know how a patient will feel in the lifter. When lifting a patient, be certain to explain the procedure to the patient being lifted.

Using the proper lifter and the correct sling attachment is also very important.

Selection of the proper lift and sling is determined by patient's:

- disability,
- size,
- weight,
- and by the specific type transfer.

Reasons for using a lifter for transfers are:

1. Patient is too heavy to be transferred without assistance of a lifting device.
2. Preventing injury to the caregiver while transferring the patient.
3. Preventing injury to the caregiver while assisting the patient.

This manual contains important safety instructions. Please read it carefully before using your patient lifter and refer to the manual carefully before using the patient lifter in order to become proficient in using the device in a safe and efficient manner.

### CAUTION

For assembly and maintenance, refer to the separate manual, "Assembly and Maintenance of Lifters". If you did not receive a copy or need additional copies contact: Sunrise Medical at (800)333-4000



## SAFETY PRECAUTIONS

### **WARNING!**

Lifters may tip over if used improperly! Failure to observe the following warnings may result in serious injury to patient and/or attendant.

**READ INSTRUCTION BOOK CAREFULLY BEFORE ATTEMPTING TO LIFT ANYONE!**

- NEVER exceed the maximum capacity of the lifter.



- Never push or pull on lifter boom. Pushing or pulling on boom can cause lifter to tip over.



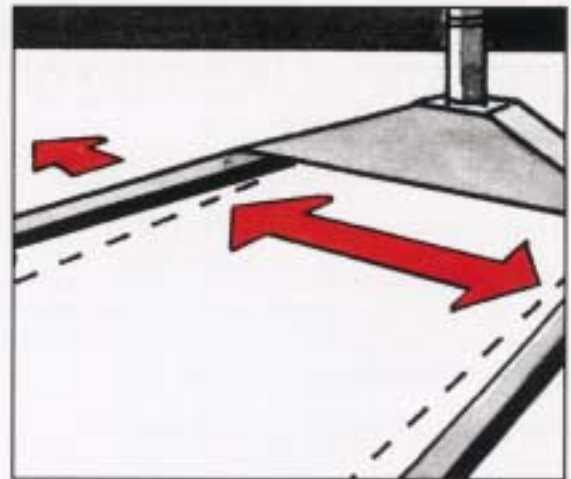
- The weight must be centered over the base.
- When lifting, ALWAYS keep patient centered over the base and facing the attendant who is operating the lifter.



- Do not lock the brakes or block the wheels when lifting patient. The wheels must be FREE to roll to allow the lifter to center itself beneath patient.



• The lifter is NOT designed for use as an equipment hoist. NEVER use the lifter to lift or transfer anything other than a patient.



• To reduce the hazard of tipping over, spread adjustable base lifters to their widest position before lifting anyone.



• Patient (especially when wearing slippery garments) may slide out of sling if it is not adjusted properly. Position patient so that knees are slightly above waist.



• DO NOT move lifter and patient over shag or deep pile carpeting, thresholds, unpaved surfaces, outdoors or any other obstructions that can cause wheel stoppage and a tip over.



• Use restraint straps for comatose, spastic, agitated or severely handicapped patients. Use restraints only with physician's prescription.

## BASIC LIFTERS: PREPARATION AND OPERATION INSTRUCTIONS

### HOYER LIFTER MAINTENANCE

The following instructions apply to all types of lifters.

Regular maintenance of lifters and accessories is necessary to assure proper and safe operation. Read and observe the recommended instructions in the separate Assembly and Maintenance Manual.

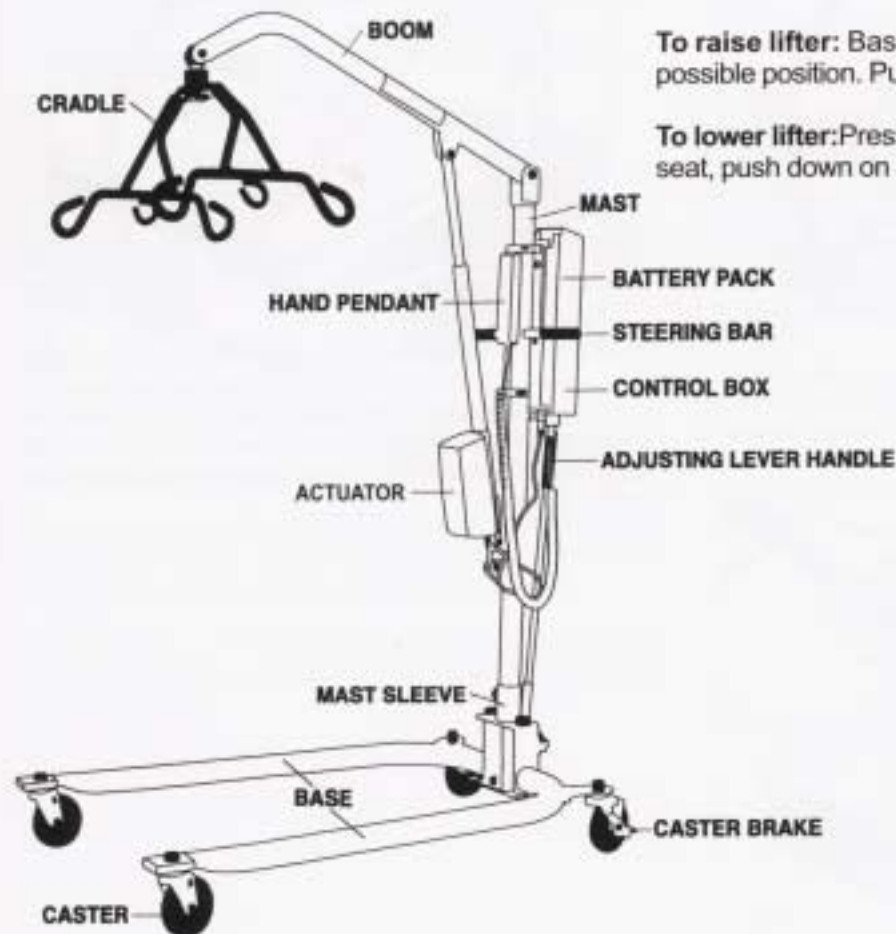
Before each use check the sling for wear.



**"Before attempting a lift, make sure you have the correct lifter and sling components for the patient's size and weight.**

**Explain to the patient the procedure before you begin".**

### POWER LIFTER



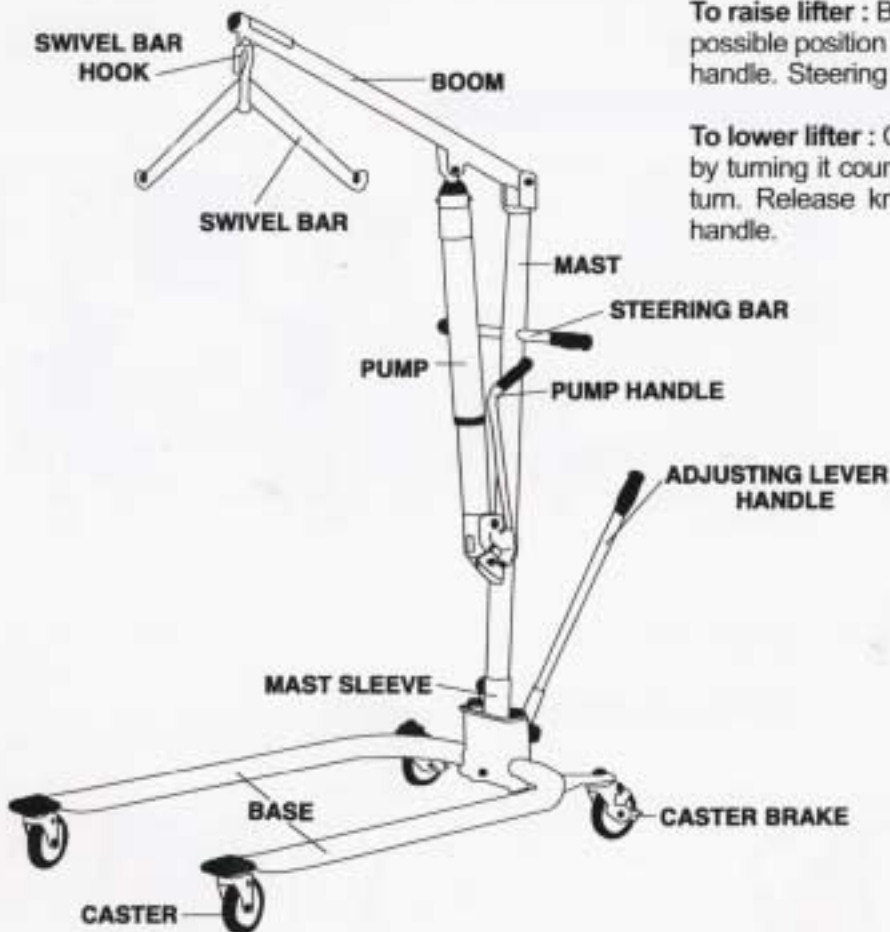
**To raise lifter:** Base of lifter must be spread to widest possible position. Push up button.

**To lower lifter:** Press down button. After patient reaches seat, push down on boom to slacken straps or chains.

## WARNING

Torn, cut, frayed, or broken slings can fail resulting in serious injury or death to patient. Use slings in good condition only. Destroy and discard old, unusable slings.

## HYDRAULIC LIFTER



**To raise lifter :** Base of lifter must be spread to widest possible position to maximize stability. Pump hydraulic handle. Steering handle may be held to steady lifter.

**To lower lifter :** Open hydraulic pressure release knob by turning it counter clockwise, not more than one full turn. Release knob is located on pump near pump handle.

## CONVERT YOUR C-HLA TO A 4-POINT SLING WITH THE RETROFIT CRADLE KIT.

Retro-Fit Kit Boom and Cradle



## GENERAL USE INSTRUCTIONS

### TRANSFER FROM BED

For easier transfers follow these instructions.

1. If patient needs support and is in a hospital bed, raise side rails and have patient hold onto rails. Raise the level of the bed to the highest position before moving the patient onto the sling. Note: This will reduce strain on the caregiver's lower back. Also, when the patient is ready to be lifted, lower the side rails and the level of the bed, decreasing the distance you have to elevate the patient.
2. To place sling under patient, follow sling instructions below depending on the type of sling you are using.

### 4-POINT SLING INFORMATION

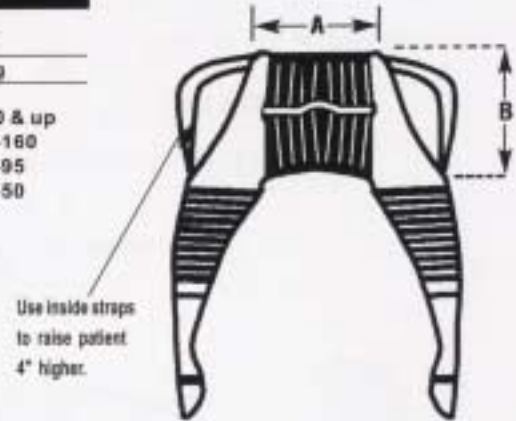
PATIENT SIZE GUIDE

	A		B		**Weight	
	inch	cm	inch	cm	lbs.	kg
X-Large	29	75	23	58	351 & up	160 & up
Large	28	70	19	47	198-350	90-160
Medium	24	61	19	47	99-210	45-95
Small	18	46	15	38	55-110	25-50

\* Patients weight to sling size information is an approximation only.

\*\* All slings are tested up to 600 lbs. maximum.

Patient can be raised 4" higher by hooking up the inside strap to the cradle.



### Padded U-Style Sling:



Fold sling as shown.





(A) Put the folded sling behind patient's back. Roll patient onto her back.



(B) Pull the leg loops forward and under the thigh as shown.



(C) Cross the loops.



(D)



(E)



(F)

3. Roll the base as far under bed as possible locating the cradle over patient. Take care not to lower the frame onto the patient. Figure (D)

**Before lifting patient be sure the lifter arm is centered over patient. Remember, when lifting patient, the parking brake should NOT be used.**

4. When both sides of the sling are attached to their respective sides of the cradle, raise the patient slowly. If patient is in hospital bed, it will help to raise head of bed. Repositioning of patient may be needed to ensure that a safe sitting position is attained as the patient is raised. Figure (E)

5. Raise patient until buttocks are just above mattress. Self-leveling cradle will bring patient into sitting position. Grasp patient's legs and turn patient so her legs dangle off side of bed. DO NOT push or pull patient off of bed. Lower bed if you need more clearance. Figure (F)

6. Grasp steering handles and move lifter away from bed. Move the patient into position over the seat of a locked wheelchair.

7. Lower patient into wheelchair or other transport device or into transport position. See section on wheelchair transfers or transporting with lifters.

## WARNING

Beware of obstructions under the bed that can cause a wheel stoppage and a tip over.

## TRANSFER TO BED



(A)



(B)

1. Raise lifter until patient's buttocks are above the surface of the bed. You may need to lower bed height. If patient cannot be lifted above bed, **DO NOT** push or pull patient onto bed. This can result in a tip over and serious injury to the patient and attendant.
2. Move lifter so that open end of U-base is as far under bed as possible. Figure (A)
3. After patient has been centered on bed, rotate patient so that she faces foot of bed. Figure (B)
4. Carefully lower patient onto bed. Figure (B)

## TRANSPORTING PATIENTS IN LIFTER

If transporting over a short distance, ensure that patient is facing attendant and keep patient as low as possible so that her feet rest on the base of the lifter straddling the mast. Lower center of gravity reduces the risk of tipping over.

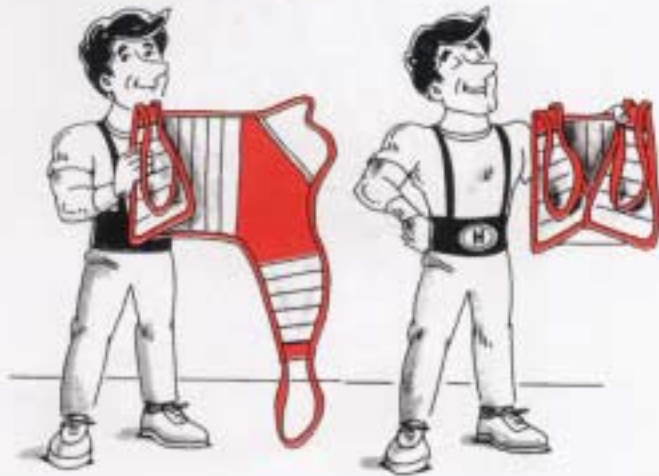
**DO NOT** transport patients on shag or deep pile carpeting, thresholds, unpaved surfaces, outdoors or on any other obstructions.



### **WARNING**

Lifters are primarily a transfer device, not a transporting device.

## TRANSFER FROM WHEELCHAIR OR CHAIR



1. Fold sling as shown.



2. Lean patient forward and place her arms on her knees for stability. Standing in front of the patient, put the folded sling behind the patient's back and press it down until it touches the seat of the chair.



3. The leg sections of the sling are pulled forward and beneath the patient's thighs by the long loops. The loops are then crossed as shown.



4. Move lifter base around chair and under legrests with patient's feet straddling the mast.

5. Lock wheelchair brakes. Raise patient above seat height. Make sure footrests are in up position.

## TRANSFER TO WHEELCHAIR OR CHAIR

1. Position lifter so that the patient is as far back in chair as possible. Always be sure to lock wheelchair brakes, if transferring to a wheelchair.
2. Lower patient slowly into chair.
3. To position, push gently on the knees of the patient with your right or left hand while simultaneously lowering patient into chair.
4. Another alternative for positioning patient further back into chair:
  - a. Raise patient so she is just touching seat.
  - b. Pull up on the top and back of sling with left hand.
  - c. Complete lowering patient into chair.
  - d. Raise patient and repeat steps b-c if necessary
5. Unhook sling from cradle or chains or straps from sling.



### **WARNING**

Pulling sharply on sling may cause patient to fall forward resulting in injury. Always stand in front of patient when placing or removing the sling.

## REMOVING SLING FROM UNDER PATIENT

**Note:** It is not necessary to remove sling unless desired by patient.

1. Remove armrests from chair if possible. (OPTIONAL) Disconnect sling from lifter.
2. Stand in front of patient, lean patient forward and place her arms on her knees for stability. Pull sling flaps to the side, out from under patient's thighs.
3. Still standing in front of patient, reach back and pull U-Sling up from behind patient. Reposition patient back into chair.



## WHEELCHAIR TO CAR TRANSFER

**Note:** Use Hoyer lifters with 3-inch or 4-inch casters for low clearance cars.

1. Open car door completely.
2. Check beneath car for lifter base clearance before attempting transfer.
3. Lock wheelchair brakes. Widen adjustable base of lifter for stability. Raise patient from wheelchair. Make certain car seat is close to level with the knees.
4. Move patient to car, using steering handle to push. Approach car with patient's back to car seat.
5. Tilt patient slightly backwards so head will clear car doorway. With one hand on patient's head, continue to move lifter toward car until patient's head is inside car. Raise lifter as required until patient is clear of car seat. Be sure to protect patient's head.
6. Lift patient's legs into car and rotate person to face front of car.
7. Slowly lower person into car until there is slack in the sling straps.
8. Remove chains or straps. Patient may remain seated on sling.
9. Lifter may now be dismantled and placed in car trunk or back seat.



## CAR TO WHEELCHAIR TRANSFER

1. Adjust seat and slings to proper point of adjustment and connect to cradle.
2. Widen adjustable base of lifter for stability.
3. Raise lifter until chains or straps are taut and patient's buttocks are above car seat surface.
4. Swivel patient until his/her legs are outside of car. Lift up on legs, tilting head backwards as lifter is moved away from car.
5. Lock wheelchair brakes. Lower patient into wheelchair.



## LIFTING PATIENT FROM FLOOR

1. Position lifter behind the patient with a pillow over the base to support patient's head and neck. Lifter should be positioned with the lifter arm centered over patient.
2. Lower cradle so that chains or straps reach hooks of sling or cradle.
3. Raise patient's knees and attach sling.
4. Lift patient up above the floor. Turn patient to face attendant and place patient's feet on the base of the lifter straddling the mast for extra stability.



## LOWERING PATIENT TO FLOOR

1. Place pillow on base support legs.
2. Lower patient down to floor.



## BATHROOM ACCESS

The Hoyer bases are designed to provide access to most bathrooms and can be used with either a commode chair or standard commode.

**NOTE:** It is suggested that the sling be left connected during bathroom use.

1. Position lifter base around commode. Position patient over commode and gently lower patient. Unhook front flaps of sling and pull them out of the way.
2. When finished, hook up and check to make sure that hook ups are secure.
3. Raise lifter until patient's buttocks are clear of the commode.
4. Move lifter away from commode and lower patient for transport.



**HOYER**

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