

PATIENT SLING REFERENCE GUIDE

Patient Sling Guide

It is very important to use the correct sized sling and make sure it is fitted properly prior to lifting. This ensures the safety of both the person being lifted and the caregiver. The goal of this guide is to assist those responsible for selecting the correct sling on a patient by patient basis and outlines a few factors that need to be addressed in the selection of the appropriate type of sling for a patient. Proactive Medical wishes to ensure that the task of moving patients is done in an effective and safe manner.

Spreader Bar Options

- The 2/4/6-point spreader bars can use chains or slings with webbing loops. Most common are slings with webbing loops which allows positioning adjustments to be made by selecting the different colored loops. The attachment straps at shoulder level determine the position of the back, ranging from upright through to semi-reclined and reclined. Similarly, the attachment straps at the legs determine the approximate degree of flexion at the hip, from around 90° to 45°. Please refer to our *Sling and Hoist Compatibility* sheet for exact placement of straps from different slings on the different style spreader bars
- The position achieved by adjusting the loops will depend upon the height and build of the patient. The rule of thumb is the shorter the shoulder straps the more upright the client will be.
- The 2-point cradles that are for slings that utilize chains & S hooks allow positioning adjustments to be made by selecting different links. The chain link with the red marking is connected to the cradle. The attachment at shoulder level determines the position of the back, ranging from upright through to semi-reclined and reclined. Similarly, the attachment chains at the legs determine the approximate degree of flexion at the hip, from around 90° to 45°. The S hook needs to be inserted through the metal sleeve from the patient side of the sling out, to avoid injuring the patient.
- The position achieved by adjusting the chain will depend upon the height and build of the patient. The rule of thumb is: the shorter the shoulder chain, the more upright the client will be.

Size & Weight Range Guide (approximately)

Please note the following sling guide is a recommendation only. A full risk assessment must be done prior to any sling being selected. This will ensure safety for the patient and caregiver.

Size	Low	High	Range	Height
Small (S)	75	150	75 lbs.	59" - 64"
Medium (M)	125	200	125 lbs.	63" - 68"
Large (L)	175	300	175 lbs.	67" - 72"
Extra Large (XL)	275	500	225 lbs.	71" - 76"
Extra Extra Large (XXL)	350	600	250 lbs.	Determine PRN

Selecting the Type of Setting for the Most Common Tasks

Sling Type	Toilet	Commode to Bath	Chair to Chair	Bed to Chair	Floor to Bed	Chair to Commode
Seat/Back Sling w/commode		•	•	•		•
Stand Assist Slings	•		•	•		•
Full Body Sling			•	•	•	
Full Body Sling w/commode	•		•	•	•	•
U slings	•		•			•

Weight/Height Sling Chart

