

Band Sling Application

Instructions

To Lift Legs Into Bed:
(May be reversed to lift legs out of bed)

Place sling:

With patient in sitting position on the bed, raise bed so that patient's feet are slightly off the floor.

Slide the band sling under both feet and raise to a position behind both calves.

Attach straps:

Position the carry bar horizontally across both legs and attach one strap to each end of the carry bar.

Hold the front of the sling so that it stays flat against the patient's skin as the feet are raised.

Raise the patient's feet to a level where they can clear the bed; guide the feet into bed.

The patient may be able to swivel around easier if they are on a slider draw sheet and/or slider bottom sheet.

To Elevate Patient's Leg:
(e.g. for heel dressing changes)

Place sling:

Holding the sling and strap flat on the bed, push the sling under the body part you wish to elevate, e.g. patient's calf or thigh.

Hold your hand over the strap as it is pulled through to avoid skin irritation.

Center the body part in the sling band.



Safety Points

Do not manually lift the patient's feet off the floor to get the sling behind the calves as this may require excessive lifting.

Ensure that the carry bar is lowered enough that the straps can be attached easily – without tugging.

Ensure that the sling remains flat under the patient's calves so that wrinkles, etc. do not cause increased pressure on the patient's skin.

Press down into the mattress as you place the sling under the patient to prevent skin shearing.

A slider bottom sheet is beneficial in making the positioning of the sling smoother for the patient and easier for the caregiver.

Attach Straps Method #1 - if using only one band sling:

Position the carry bar horizontally across the patient above the level of the sling. Attach one strap to each end of the carry bar.

OR

Attach Straps Method #2 - if using two band slings:
e.g. – one sling under calf and a second sling under the thigh OR
- one sling under each calf to raise both legs together

Position the carry bar with one end of the carry bar centered over each sling.

Attach both straps of one sling to one end of the carry bar – and both straps of the other sling to the other end of the carry bar.

Raise the carry bar:

Raise the sling high enough that the patient is positioned comfortably and the caregiver is able to provide care without awkward body postures.



Ensure that the carry bar is lowered enough that the straps can be attached easily – without tugging.