# Hammock Sling Application in Bed

## Instructions

<table>
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<th>Place sling:</th>
<th>Safety Points</th>
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| Roll the patient away from you. | **Problem rolling the patient?**
| Place sling lengthwise behind the patient with the centre coloured strip of webbing along the patient’s spine. | If the patient is difficult to roll for any reason, try:
| Lay half of sling material against the patient’s back and thighs. |  - Have patient reach to the side to hold railing
| Ensure bottom edge of the sling is placed at the **patient’s tailbone**; top edge of the sling should be at approximately **the top of the ears**. |  - Roll patient more slowly
| Gather and tuck the rest of the sling under the patient. |  - Roll patient towards you
| Roll the patient back; gently pull the sling through to flatten. |  - Roll patient with an assistant
| Bend the patient’s leg and slide the sling leg piece under the patient’s thigh. Ensure the leg piece is flat. |  - Use mechanical device such as roller bands
| Repeat with the other leg. |  - Use assistive devices such as slider sheets
| Pull inside leg loops up and between the patient’s thighs. | If still difficult, consider modifying, or not performing, the care task at this time and/or seek advice from your supervisor.

## Determine leg configuration:

- Crossed – the safest and most comfortable for the patient
- Cradled
- Open – primarily for care activities

**Problem placing the leg piece?**
If the patient’s leg will not stay in a bent position, a second caregiver can hold the leg in place while the sling leg piece is positioned. Or bend the patient’s knees over a pillow first and slide the leg pieces under the thighs.
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Instructions

Fit the sling’s long leg straps through the short inside leg loops in the desired leg-band configuration.

Attach straps:
Position the carry bar across the patient’s shoulders.

Attach shoulder, middle and long leg straps to carry bar.

Choose the loop options on the sling straps according to the desired sling inclination:
- Vertical:
  - Leg straps – longest loop
  - Shoulder straps – shortest loop
- Reclined:
  - Leg straps – shortest loop
  - Shoulder straps – longest loop

Lifting patient:
Raise the patient a few inches and check to ensure all straps are safely attached and the sling is comfortably positioned for the patient (e.g. no pinching)

If the sling is not positioned comfortably, lower the carry bar to take the weight off the sling before adjusting.

Safety Points

The “crossed” and “open” leg configurations will form “troughs” for each thigh.

Lower the carry bar enough that the straps can be easily attached to the carry bar without “tugging” or pulling up on the sling.

As the patient is being raised, ensure that the top of the sling does not slip down behind the patient’s neck. The top of the sling can be held in position behind the patient’s head while the patient is being lifted.