

## How to Use a Hammock Sling

Female: Good morning, Mr. Smith. How are you this morning?

Male: I'm good.

F: So today I'm going to get you up into your wheelchair and I'm going to use the hammock sling with the ceiling track. And I'm using this because I understand you're in quite a bit of pain and you're quite stiff. So we're going to use this sling. So I'm just going to raise your bed up a bit. I'm going to take your covers down. All right, so we're going to get you to turn over. You can bend your leg. Gently turn over there. I'm going to tuck this underneath you. You're just going to feel a few bumps and you can roll back towards me. And I'll just untuck this side. Okay, you can lie flat. This sling has a lot more loops and it's going to support your legs a bit more than the other one. This is going to go through there and this long loop is going to go through the short loop. Now we're going to get you connected. On the top I'm going to use the short loops, that's what your care plan says, and we're going to get you up into your wheelchair so that'll get you into a good sitting position. The middle ones are going to be the middle loop, the grey loop, so make sure that the grey loop [is] on both sides. And then the bottom ones are the long loops. Just keep your hands crossed across your chest. We're going to go up. Okay, you ready? I'll just support your head for you. Okay, how does that feel?

M: Good.

F: Good, okay. We'll lower you back down now.