

**POST-TRAINING QUICK REFERENCE GUIDE**  
**SIT TO STAND LIFT**

- *These instructions serve as a reference for good practice techniques. They are not a substitute for proper training in the use of lift and sling systems. Products may vary by manufacturer. Refer to manufacturer-specific product manuals for further instructions and information.*
- *Always follow your workplace policies re: Moving & Handling (e.g., minimum 2 caregivers, etc.)*
- *Ensure client is appropriate for this type of lift/technique – refer to the care plan, multi-disciplinary care team recommendations, and/or criteria (see below (in brief, or separate “Sit Stand Lift Criteria” sheet)*

**1. Preventative Checks**

- Ensure your lift is in safe working condition prior to EVERY use
- Ensure all features and parts are working properly prior to EVERY use, including:
  - Check battery function and sling integrity, as well as that wheels on lift roll smoothly/freely, and that mechanized parts raise/lower and open/close properly.

**2. Battery (located at back of lift)**

- Ensure battery is properly charged.
- Charge lift/battery at all times when not lift not in use, unless otherwise directed by the manufacturer and/or your workplace policies.
- ‘Low battery’ will be indicated with audible alarm and/or light display.

**3. Emergency Stop (located on battery base)**

- Press to engage; electric function of lift will not work when pressed.
- Only use in emergency or with lift malfunction.
- To release, turn knob clock-wise (about 90-degrees).

**4. Manual Emergency Lowering (located on mast of lift) NOTE: may not be present on all lifts**

- Use when hand set fails or battery is depleted.
- Ensure manual lowering lever moves prior to lifting.
- Raise lever up with fingers; client weight will lower boom of lift.

**5. Brakes (located on back wheels) NOTE: applies to many – but not all – lifts. Check product manual.**

- Ensure proper functioning.
- **DO NOT USE BRAKES WHEN RAISING OR LOWERING YOUR CLIENT IN THE LIFT. This can cause the lift to become unstable/unsafe and may lead to injury of the client and/or caregivers.**

## 6. Hand Control

- All buttons must be functioning with corresponding lift actions.
- Use to raise/lower client in lift (and open/close legs of lift, as applicable).

## 7. Shin Pad/Leg Support NOTE: applies to many – but not all – lifts. Check product manual.

- Ensure height/depth is adjusted for client legs and feet placement
  - The top of the shin pad should sit below the ‘soft space’ below the knee cap – it is NOT a knee brace

## 8. Lift Usage

- a) Ensure client is assessed as being appropriate/eligible to use this type of lift.
  - i. Criteria: 1. Weight-bearing through one or both lower extremities (without lower body deformity); 2. Trunk/torso control (i.e., able to sit unsupported on side of bed, or at front of wheelchair cushion); 3. Reliable and predictable cognition (i.e., able to follow 2- or 3-step verbal instructions from caregivers)
- b) Prepare client for lifting: assess for sling style/size and apply sling - use stand aid sling or hygiene sling as applicable to lift. Position client sitting up, with ability to place feet on floor.
- c) Move lift towards client, with carry bar in hand; ensure legs of lift are open; position lift directly in front of client; lower carry bar to chin height (or below).
- d) Adjust shin pad as necessary; ask client to place his/her feet completely on foot plate; client’s knees should be bent at about 90-degrees when their lower legs rest against the shin pad.
- e) Attach sling to carry bar using shortest loop that takes the most slack off the straps without leaning client forward on surface.
- f) Encourage client to lean back into sling, then ask them to grasp the handles/carry-bar, ensuring that their arms are outside the sling.
- g) Ensure brakes are released, raise client up using hand control, raising up only as high as necessary.
- h) Using proper body mechanics, move lift (with client), back and forth from behind lift using handles; turn lift as necessary with users positioned at side of lift using push handle and leg of lift with push/pull forces. Legs of lift may be open or closed when moving the lift, depending on available floor space.
- i) Position client over new surface; ensure legs of lift open and brakes are released (Caregivers should ensure that they are not holding onto or bracing the lift with their hands, legs or body – as they will act as a ‘human brake’, preventing the lift from finding its centre of gravity and possibly injuring the client.)
- j) Ensure brakes are on the surface that the client is being lowered onto (e.g., wheelchair, commode, bed); ensure proper positioning of client on new surface.
- k) Disconnect sling from lift when client settled onto surface.
- l) Move lift away from client and remove sling.
- m) Return lift and sling to appropriate areas for storage, charging, cleaning, etc.

Please contact a Shoppers Home Health Care Sales Representative or Learning & Development Specialist, as applicable, for additional information re: product sales, rental and operating instructions.