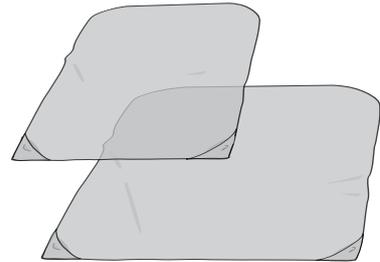
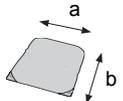
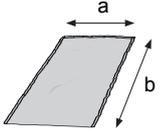


HandySheet Long



HandySheet Short

Product Overview

Product	Unit	Model	Prod. No.	Size	Dimensions (a x b)	
HandySheet Short, w/o handles	pair	150	3715015	M	70x70 cm/28x28 in	
HandySheet Short, w/o handles	par	150	3715017	XL	120x85 cm/47x34 in	
HandySheet Long, with handles, incl. FixStrap*	pair	160	3716015	M	90x185 cm/35x73 in	
HandySheet Long, with handles, incl. FixStrap*	pair	160	3716017	XL	140x215 cm/55x85 in	

* FixStrap 260 cm (102 in), Prod. No. 3696002.

Product Description

HandySheet is developed by Liko especially to facilitate patient transfers by reducing friction. The HandySheet is manufactured from a low-friction material that minimises friction between the patient and the bedding, thus reducing carer workload in a number of different situations.

HandySheet Long, is an excellent aid for e.g. facilitating the application of slings on patients who are in a great deal of pain, have contractures or who are patients of size.

HandySheet Short, is used to facilitate the application of slings in chairs/wheelchairs. Both models can also be used for other

situations where moving is required, such as turning and moving the patient higher up in bed.

Keep in mind that the transfer methods described in this instruction guide should go smoothly and easily. If you feel your transfers are cumbersome and heavy, we recommend you change to another lifting aid from Liko's wide range of products for lifting and moving patients.

⚠ HandySheet is not intended for lifting or transferring patients from a lying to sitting position. For such needs, we recommend lifting with one of our many sling models.

In this document, the person being moved/transferred is referred to as the patient and the person helping them is referred to as the caregiver.

⚠ is a warning triangle used for situations that demand extra care and attention.

📖 Read the instruction guide. Instruction guides can be downloaded free of charge at www.liko.com.

Safety Instructions

△ Before use, keep the following in mind:

- The HandySheet should not be used to lift a person under any circumstances.
- Decide on a case by case basis whether you need one or more caregivers.
- Plan the transfer operation carefully to make it as safe and smooth as possible.
- Make sure that the wheels on the wheelchair, bed, gurney, etc., are locked during the transfer operation. Use a bed rail when necessary.
- The HandySheet material has low friction and may cause accidents if it is left under the patient, on the floor or in a wheelchair. Observe caution during use and always remove the HandySheet immediately after use. Put it away or hang it up when it is not in use.
- Keep ergonomics in mind! Work calmly and methodically, stand up and keep your back straight. Raise or lower the bed as necessary. Reduce the lever effect and work close to the patient.

△ IMPORTANT!

Moving a patient always involves a certain amount of risk, therefore, you should study the instruction guide for the transfer aid carefully. It is important that you clearly understand the contents of the instruction guide. Only personnel, who are trained in the product's use, should use the product. Observe caution and care during use. As a caregiver, you are always responsible for the patient's safety. You must ensure you assess and are informed of the patient's ability to handle the move/transfer.

If there is something you are unclear about, contact the manufacturer or the supplier.

Care and Maintenance

Inspect the HandySheet regularly, especially after it has been washed. Pay particular attention to wear and damage to seams, fabric, straps, handle and the friction of the material. Do not use damaged products.

For washing instructions, see HandySheet's product label.

If there is something you are unclear about, contact the manufacturer or the supplier.

CE Medical device Class I product

HandySheet has been tested by an accredited testing institute and complies with all requirements for MDD Class I products and the harmonized EN ISO 10535 standard.

Registered Design

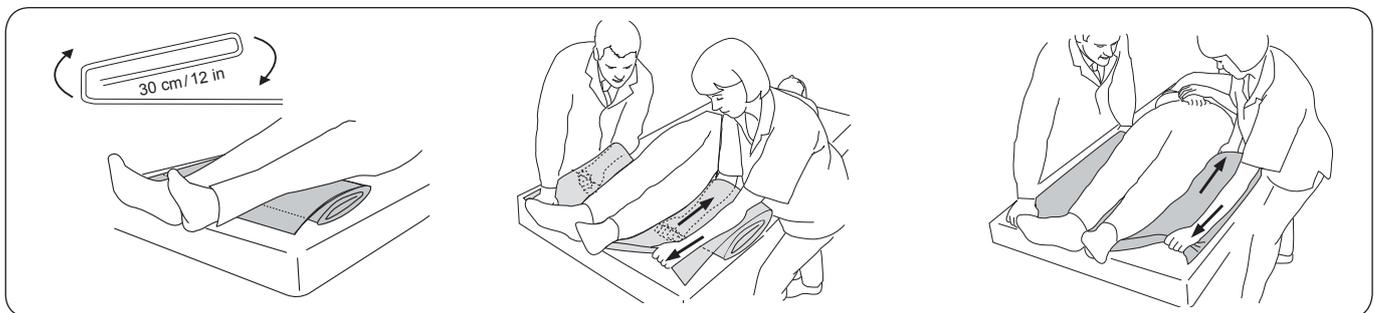
Liko's products undergo continuous development, which is why we reserve the right to make product changes without prior notice. Contact your Liko representative for advice and information about product upgrades.

Design and Quality by Liko in Sweden

Liko is quality certified according to ISO 9001 and its equivalence for the medical device industry, ISO 13485.

Liko is also certified according to environmental standard ISO 14001.

Placement of HandySheet Long



Fold the HandySheet, or two HandySheets if necessary, into approx. 30 cm / 12 in long folds until the entire length has been folded.

Place the folded HandySheet under the patient's calves with the fold facing down towards the mattress.

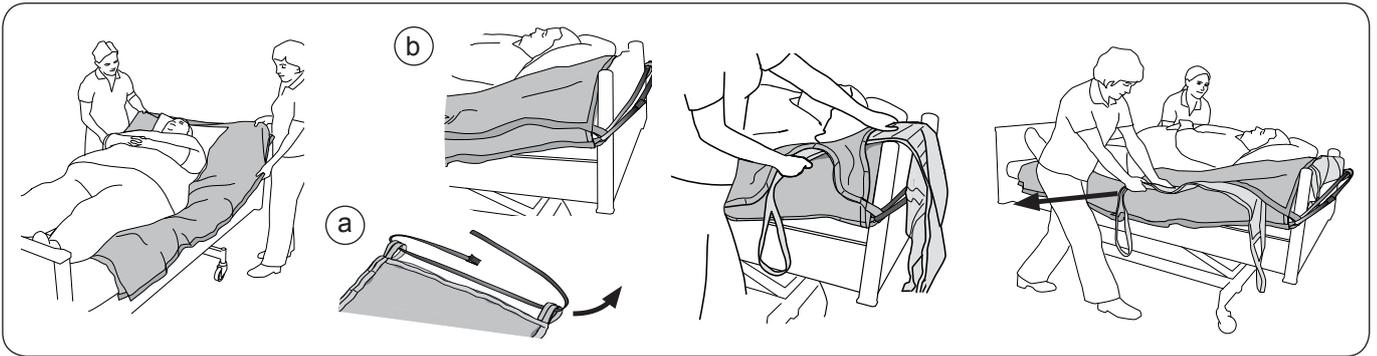
The caregivers grab hold of the bottom part of the HandySheet, with their arms as close to the patient as possible. Use the other hand as resistance by grabbing hold of the top of the HandySheet. The caregivers simultaneously pull out the first fold up under the patient.

TIP! This is facilitated if the hand is held against the mattress during the pulling motion.

Work with straight arms and weight transfer.

Now seize the next fold and repeat the procedure until the HandySheet is under the entire patient.

Placement of the sling in bed with HandySheet Long



Place the HandySheets as per the previous instructions.

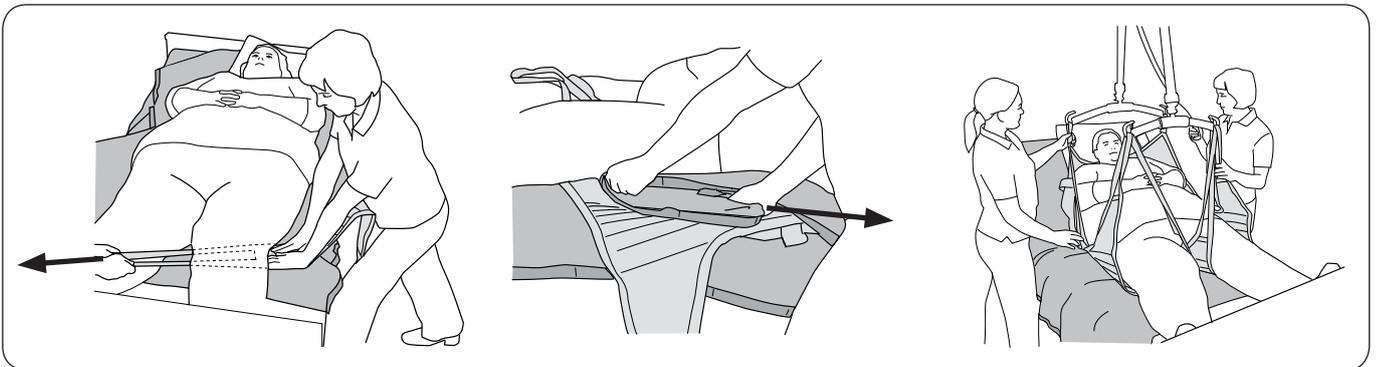
Run the accompanying FixStrip through the loops of the HandySheets (see picture a).

Fasten the FixStrip around the bed's headboard (see picture b).

Place the sling between the HandySheets. Begin from the head end. Make sure the sling is centrally located under the patient.

Pull the sling down under the patient by pulling the leg part down toward the foot end with one hand and pressing the leg part against the mattress with the other hand.

Keep ergonomics in mind while you work!



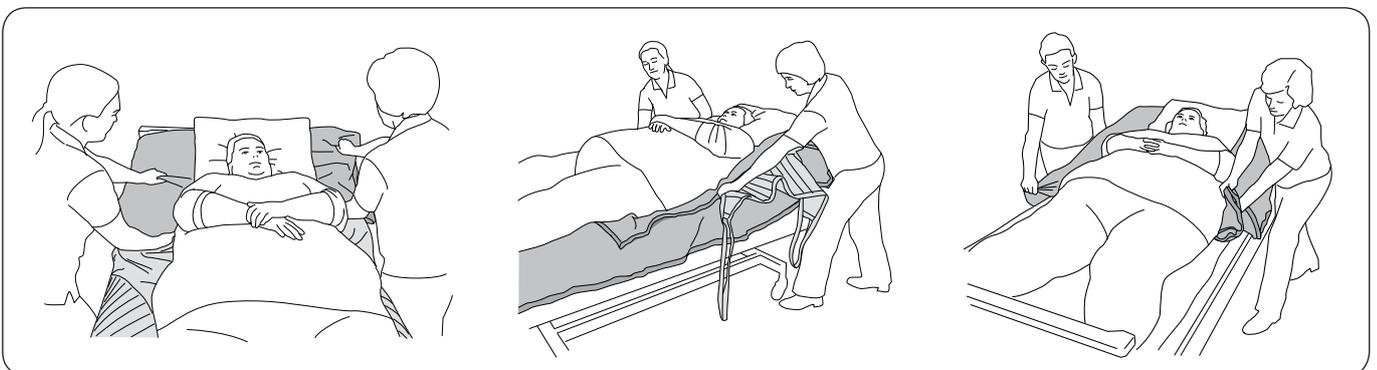
Position the leg part by pressing down on it against the mattress at the same time as the other carer pulls on the strap loop.

Carefully remove the upper HandySheet by pulling it under itself.

Attach the sling's strap loops onto the sling bar according to the sling's instruction guide.

The lift can now be started.

Removing the sling in bed with HandySheet Long



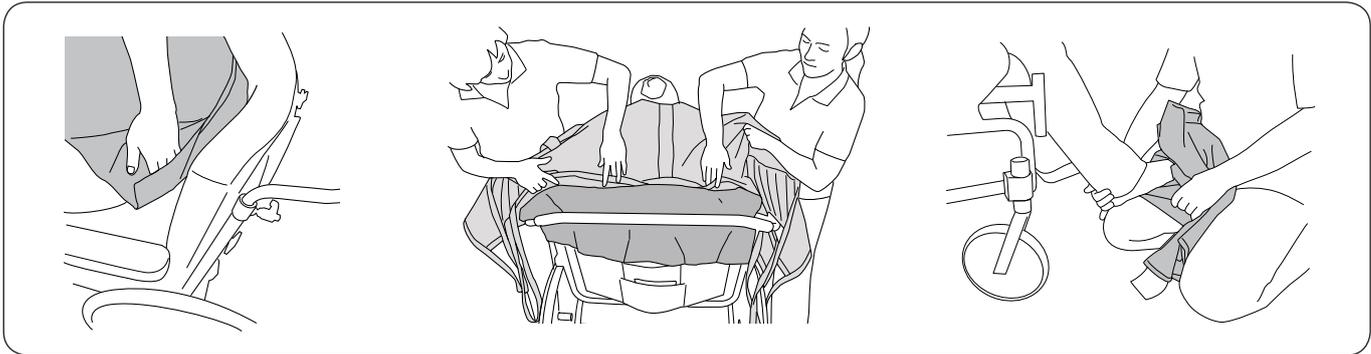
Place a HandySheet on the bed before the patient is lowered during the lift.

Once the patient is lying down, place the other HandySheet in accordance with the previous instructions, but begin from the head end. Ensure that the HandySheet is placed over the sling and all the way down to the bottom.

Remove the sling by grabbing hold of the leg part and the upper edge of the sling and pulling it up between the HandySheets.

Carefully remove both HandySheets by pulling them under themselves and up toward the head end.

Positioning the sling in a chair/wheelchair with HandySheet Short



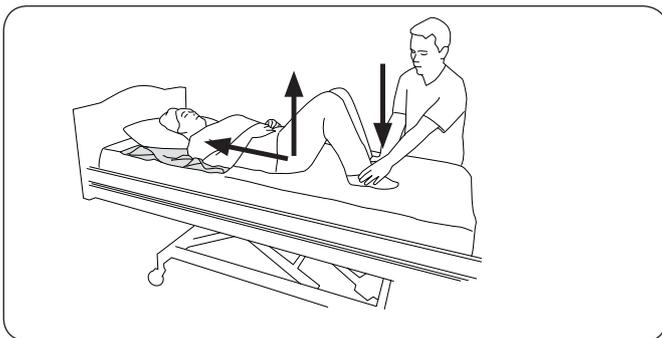
Place both HandySheets between the patient and the chair back. Use the pockets of the HandySheet to facilitate placement. Ensure that the HandySheet reaches down to the patient's bottom.

Then place the sling between the HandySheets and push it down behind the patient's back. Keep ergonomics in mind while you work!

To facilitate placement of the sling's leg support the HandySheet can be used to slide up the patient's foot on your own leg.

For further information about how the sling shall be placed on the patient, see the instruction guide for the respective sling.

Moving a patient higher up in bed using HandySheet Short

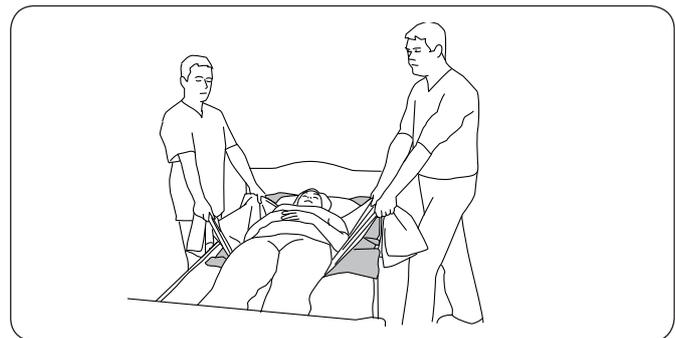


With one caregiver

Place HandySheet under the patient's head and shoulders. The patient bends their knees and the caregiver pushes down the patient's feet for increased friction. The patient eases their weight under their bottom, while at the same time "pressing" themselves upward in bed.

This method requires that the patient has some strength/function in their legs and body.

Raise the end of the bed in order to further facilitate the move!



With two caregivers

Position the HandySheet from the patient's head down to the bottom under a draw sheet. The caregivers position themselves in line with the patient's shoulders in a standing position and each grab hold of their corner of the draw sheet. The caregivers move the patient higher up in bed transferring their weight to their back leg. The procedure is repeated until the patient is in the desired position.

Keep ergonomics in mind – avoid pulling with your arms!

Raise the end of the bed to further facilitate the move!



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