

**Never attempt if person is injured; instead call paramedics.**

Ensure that the environment is clear and there is space for hoisting.

This method can be used with a variety of slings. Please refer to Moving and Handling Care Plan (MHCP) for more information and sling settings.

1

Person to roll onto their side.

Place sling on floor with one half of the sling rolled under itself.



2

Person to roll onto opposite side, carer to un-tuck sling.

Person to roll onto their back.

Always refer to sling manufacturers guidance if unsure of sling fitting.

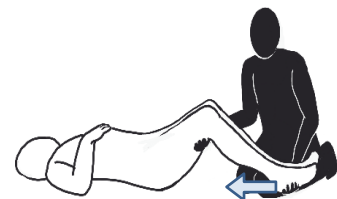


**IF CEILING TRACK HOIST:** Skip to point 5.

**IF MOBILE HOIST:** (2 Carers will be required)

3

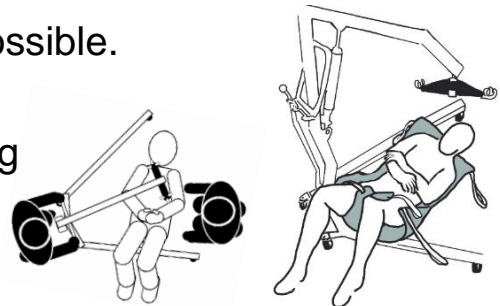
Carer to bend person's knees, supporting at person's thigh, and arch of their foot.



4

Hoist legs to be extended as wide as possible.

Carers to position one leg of hoist underneath person's bent knees, angling hoist to ensure that other leg is angled above person's head



5

Connect sling straps to hoist spreader bar.

(Refer to MHCP for recommended loop settings)

Ensure all sling straps are secure.

Operate the hoist.

As the hoist starts to lift, **stop and check** the sling is comfortable before fully lifting; ensure that leg straps do not ride up and cut into groin area.

