

USER INSTRUCTIONS

NRS HANDLING BELTS

L98462	Paediatric - 410-740 mm (16-29")	L98474	Small - 510-790 mm (20-31")
L98486	Medium - 787-1120 mm (31-44")	L98498	Large - 1092-1422 mm (43-56")
M09496	*MAXI - 610-1140 mm (24-45")		

⚠ General Safety Warning ⚠

Please make sure that you read and follow these instructions carefully. Keep these instructions in a safe place for future reference.

1. INTENDED USE

To help stabilise a user on standing and to assist walking without the need to grip his/her body.

They can be beneficial to extend the carers reach especially in confined spaces. They can be used by a single, or two carers if required.

Handling belts should not be used as a lifting device.

The Standard belt is available in four sizes as shown in the table above. The *Maxi Handling Belt offers a wider belt option.



2. SAFETY

Persons using this Handling Belt should have received appropriate training or instruction.

Transfers should only be attempted following a comprehensive risk assessment and should be performed in accordance with local Moving & Handling Guidelines and the current edition of the Guide to The Handling of People (HOP).

The User must be able to provide the majority of standing effort.

Do Not use the Handling Belt to lift a user.

3. UNPACKING

Remove the packaging and check all parts carefully. Contact your supplier immediately if parts are missing or damaged and do not try and assemble.

4. FITTING & INSTRUCTIONS FOR USE

- The NRS Handling Belt is designed to be used by either one or two carers, depending on the users needs.
- Transfers should only be attempted following a comprehensive risk assessment.
- Carer/carers must be trained in it's use before commencing any assistance to the user.
- The user must be able to provide the majority of standing/walking effort. This belt is an aid to control and stabilise movement – It is not to be used as a lifting device.

4.1 Assistance Sitting to Standing

1. Fit the belt round the user's lower back and bring the adjustable strap round the waist of the user and secure to the quick release buckle.

Note: The length of the strap can be adjusted by pulling the loose end of the strap. Ensure the belt is fitting comfortably but firmly around the user.

2. Assist the user to shuffle forward in the chair, using an appropriate method.
3. Assist the user into a "nose over toes" position, with both feet firmly on the floor, one slightly in front of the other.
4. Stand beside the user, (Single carer, choose the user's weaker side) face in the direction of movement.
5. Adopt a stable base with feet slightly apart and the outer foot ahead. Flex knees and hips to lower your position. Grasp the appropriate handle on the belt, with one hand. DO NOT put your whole hand through the loop. Support with the other hand, either at the person's shoulder or a palm to palm hold, keep your trunk as straight and vertical as possible.

6. If the chair has arms, encourage the user to push themselves up from the arms.

If the chair does not have arms, and there is no risk of discomfort for the user, have them “push off” from their knees and thighs.

Note: *The type of chair used by the user should be considered as part of the risk assessment, before they sit.*

7. Give Clear instruction such as “ready, steady, stand”. A gentle rocking motion can be used as the ready, steady instruction is given
8. On the instruction stand, both move together in the direction of movement, first forward and then upwards.
9. Transfer your body weight from your back foot to the front, or step forward with your back foot.
10. Stabilise the move before proceeding into a walk, if the user is unsteady, ask him/her to sit down.



Figure 1: Assistance Sitting to Standing



Figure 2: Holding the Belt

4.2 Assistance while walking

Assistance should only be provided based on a risk assessment, ie which side to support from and how many carers are required.

1. Adopt a stable base with feet slightly apart and your outer foot ahead, ready to step with the person.
2. Grasp the appropriate handle on the belt, with one hand. DO NOT put your whole hand through the loop. Support with the other hand, either at the person's shoulder or a palm to palm hold.
 - If a user trips or falls during walking, you must be able to let go of the belt, and not get involved in the fall as this may result in injury to both parties.
 - DO NOT link thumbs.
 - DO NOT use the belt to hold a person up.
 - If you find you are supporting a load of more than 10kg assist the user to a safe sitting position as quickly as possible.
3. To initiate walking, keep as close to the user as necessary, usually slightly behind, with your hip close to or touching the user's pelvis, as you walk forward. It is advisable to give clear instructions to the user throughout the walking operation.

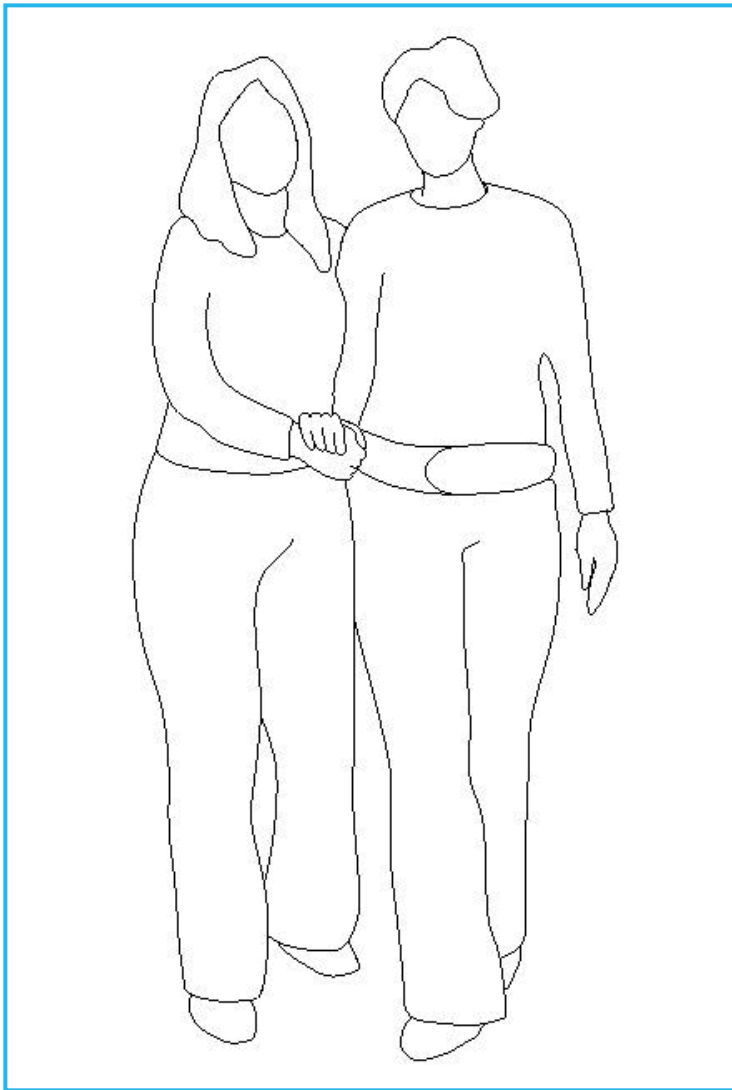


Figure 3: Assistance while Walking

5. INSPECTION INFORMATION

The following notes are a guide to the recommended inspection procedures for Handling Belts.

If carried out thoroughly, at regular intervals, use of the handling belt can be carried out with confidence, and the risk of injury due to product failure is significantly reduced.

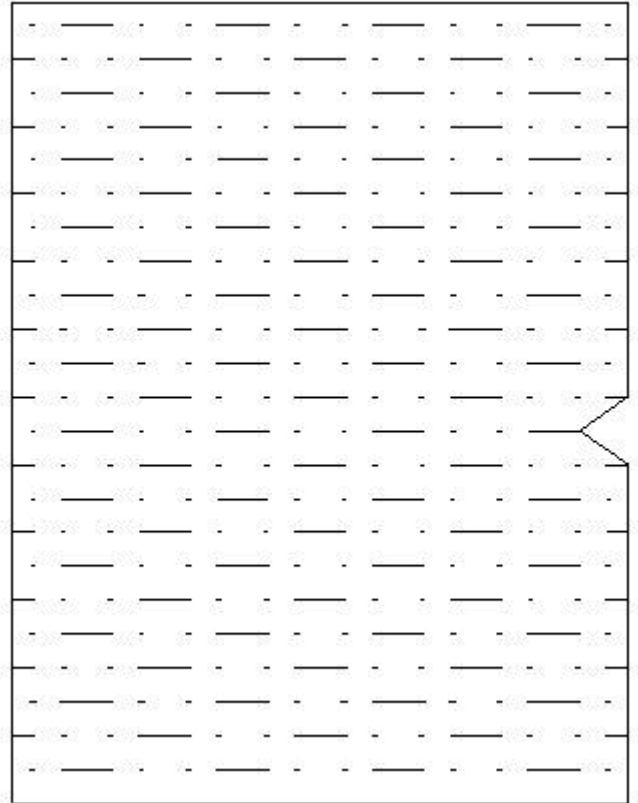
- Before use visually inspect the belt for structural integrity. If there are any signs of damaged, frayed fabric or poor/damaged stitching do not use.
- If you are unsure, do not use. Withdraw from service immediately. The product should then be either discarded, or clearly labelled:

“Not for use” and assessed at the earliest opportunity by a competent individual.

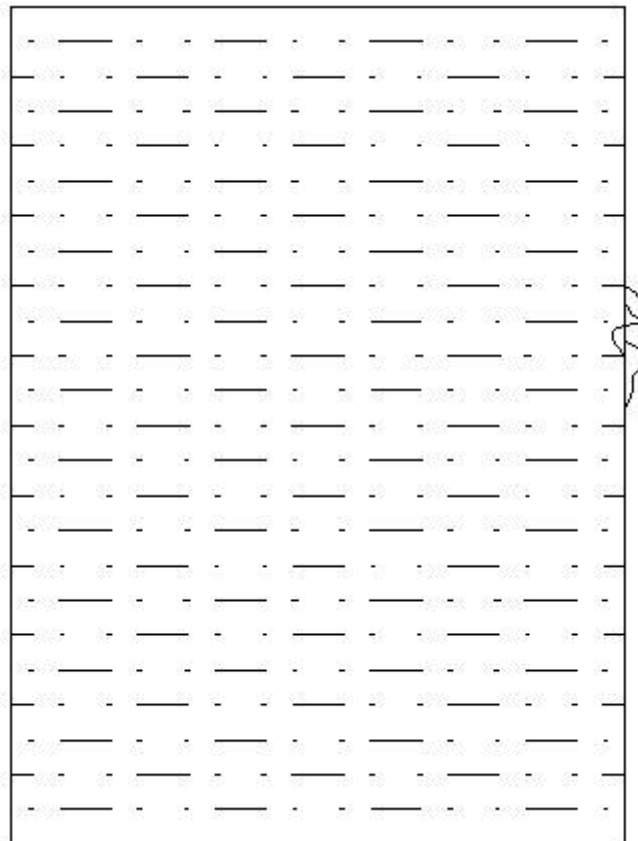
5.1 Handling Belt Inspection procedure;

- Open the belt out fully on a flat surface.
- Check all retaining straps and handles for cuts, nicks or degradation of any kind.
- Carefully check all stitching.
- Check the material near to any attachment/ stitching points.

- Pay particular attention to the areas of high stress.
- Checks should be carried out to both sides of the belt in the same manner.
- Discolouration may also indicate fabric degradation.



A visible nick – even of only 1 mm SHOULD BE DEEMED UNSAFE



A few loose strands are ACCEPTABLE

6. **CLEANING INSTRUCTIONS.**

- Machine wash warm at 70°C for 30 minutes.
- Do not use bleach, biological detergents or detergents containing bleach.
- Do not spot clean with strong chemicals.
- Do not iron.
- Do not dry clean.
- Do not tumble dry.
- Air dry at very low temperatures.

7. **PRODUCT DISPOSAL**

This product must be thoroughly cleaned/sterilised prior to disposal.

This product is manufactured from fabric and can be disposed of through Local Authority Household Waste and Recycling Centres or through Local Trade Waste Collectors.

8. **PRODUCT GUARANTEE**

NRS Healthcare guarantee this product for a period of 24 months, from the date of purchase, against faulty materials and workmanship.

This guarantee does not cover abuse, interference or tampering with any part of the products. Issues arising from fair wear & tear and customer misuse are not covered.

This guarantee covers domestic use only. If the product is used in commercial or semi-commercial settings such as care homes, schools, rental or communal accommodation etc, the guarantee is valid for one year only. Consumable parts are also guaranteed for one year only.

Any guarantee issued by NRS Healthcare does not affect your statutory rights.

If you have any problems with our products, please contact us at the address below.

If you have experienced an injury, contact us but feel free to contact the Medical and Healthcare products Regulatory Agency at:
devices.regulatory@mhra.gov.uk

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