

**Please ensure these instructions are fully read and understood before use. Retain in a safe place for future reference.**

#### 1.0 Intended Use

The sock aid is intended to assist those with reduced ability to bend or reach, to put on their socks or stockings.

#### 2.0 Safety Precautions

Do not leave product on the floor, it could become a trip hazard.

Take care not to get tangled in straps when using the aid.

#### 3.0 Cleaning & Care

Clean regularly using a general purpose, neutral detergent and warm water.

Do not use abrasive cleaners or cloths.

Periodically inspect the product for signs of wear or damage.

#### 4.0 Instructions for Use

Using the Sock aid requires a certain amount of dexterity.

1. Knotting the tapes together will make them easier to control.
2. With your thumbs inside the leg of the sock, gather up the toe section.
3. Squeeze the sock aid into a u-shape and pull the sock onto it; ensuring the toe section of the sock is tight over the narrow end of the gutter and the surplus is gathered up on the sides of the sock aid below the tapes. The heel of the sock should be underneath and not twisted.
4. Whilst keeping hold of the tapes, lower the sock aids and sock to the floor, in front of the foot.



5. Holding the tape in both hands either side of the leg; guide the sock aid onto the foot by:

- a) placing your toes into the entrance of the sock aid – remember to keep your knees at right angles.
- b) keep your feet firmly on the floor.
- c) position your foot into the toe of the sock, whilst pressing downwards and forwards with the ball of the foot. **DO NOT PULL TAPES** whilst wiggling your foot into the toe of the sock otherwise you not get your toes right in.
- d. Lift the heel off the floor, straighten the knee and point toes. Pull tapes alternatively with quick wiggling action, and the sock will be pulled up the foot until you can reach it.

6. Repeat for other foot.

#### 5.0 Product Guarantee

NRS Healthcare, guarantee this product for a period of 12 months from the date of purchase against faulty materials and workmanship. This guarantee does not cover, abuse, misuse, interference or tampering with any part of the product. Any guarantee issued by NRS Healthcare does not affect your statutory rights.

#### **NRS Healthcare,**

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