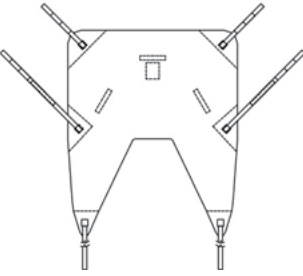
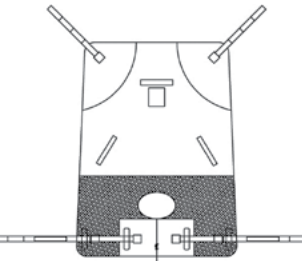
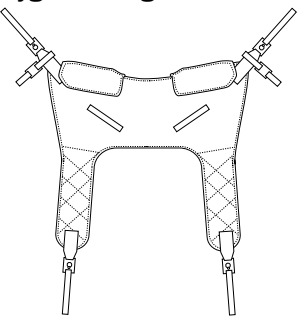
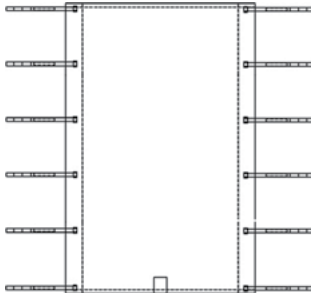
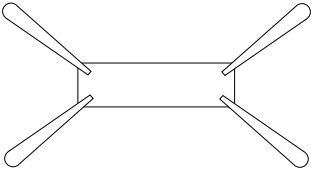
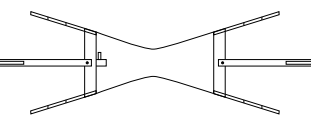


# Don't forget to 'PACE' yourself!

## Physical – Slings

Sling style selection is based on assessment of the **person's body shape** and **weight, functional abilities**, and not necessarily the care task to be performed. Slings are to be used only by staff that have been trained in their safe use.

TYPE OF SLING	WHEN TO USE
<p><b>Universal Slings</b></p> 	<ul style="list-style-type: none"> <li>• Most common, multi-purpose sling – can be used for persons with limited upper body function, available with or without head support</li> <li>• Designed to be used for transfers in conjunction with a floor lift or ceiling lift</li> <li>• Provides toileting access</li> <li>• Three leg configuration options: 1. Crossed, 2. Open, 3. Cradled</li> </ul>
<p><b>Hammock Sling</b></p> 	<ul style="list-style-type: none"> <li>• Most supportive and provides head support, maximum support to the sacral area</li> <li>• Designed to be used for transfers in conjunction with a floor lift or ceiling lift</li> <li>• Transfers from bed, wheelchair, geriatric chair, or shower-chair or on/off the floor</li> <li>• Three leg configuration options: 1. Crossed, 2. Open, 3. Cradled</li> </ul>
<p><b>Hygiene Slings</b></p> 	<ul style="list-style-type: none"> <li>• Designed for toileting and hygiene functions</li> <li>• Can be used with mechanical lift and sit to stand aid</li> <li>• Least supportive sling, cannot be used to pick up from floor</li> <li>• Three leg configuration options: 1. Crossed, 2. Open, 3. Cradled</li> </ul>

TYPE OF SLING	WHEN TO USE
<p><b>Re-positioning Slings</b></p> 	<ul style="list-style-type: none"> <li>• Safest way to reposition and turn a person. Can be left under the person. Can be used for lateral transfers and getting someone off the floor</li> </ul>
<p><b>Band Slings</b></p> 	<ul style="list-style-type: none"> <li>• Used to support limbs to facilitate change of dressing on arms, hands, legs, feet or to elevate and hold limbs</li> </ul>
<p><b>Turning Sling</b></p> 	<ul style="list-style-type: none"> <li>• Turn a person into a lateral, resting position</li> </ul>

Did you know that slings come in a variety of fabrics designed for various tasks, comfort and consideration of a person's skin integrity?

A standard transfer (sling is applied before and removed after the care task) may be padded or quilted for comfort, water permeable for bathing, mesh, or disposable material.

All day solutions for slings to be left behind a person should be made of breathable fabrics with straps and leg pieces that are easy to tuck away.

