

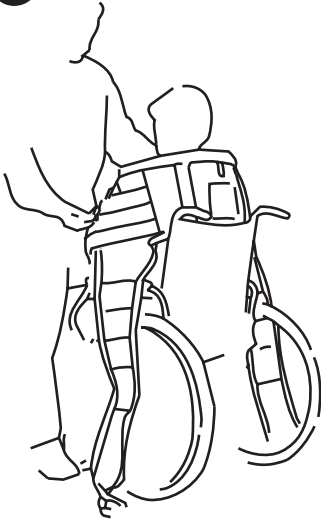
Let the sling rest on the user's shoulders and on the back rest cushion or/and pushing handles of the wheelchair.

The centre band shall follow the user's spine to ensure centering of the sling.

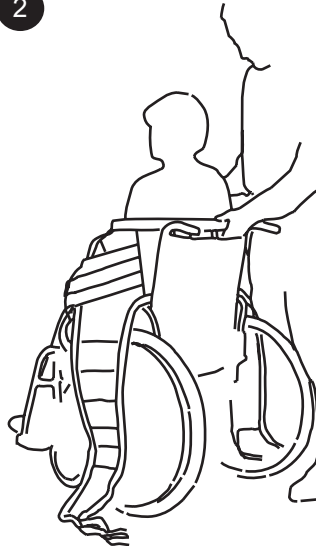
Let the user lean forward alternatively gently push the user forward and let the sling go down as far as to the end of the shoulder blades.

Introduce the top set of straps under the armpits together with the support belt, **leaving space enough to allow two fingers to be inserted between the sling and the armpit.** Neither more no less.

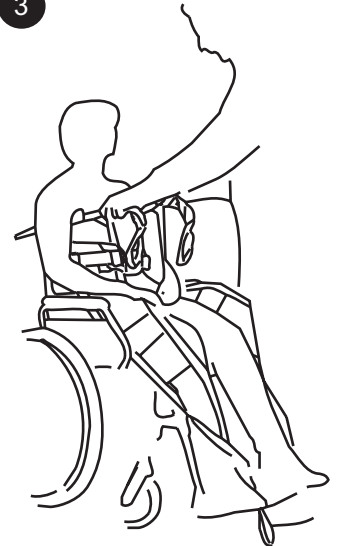
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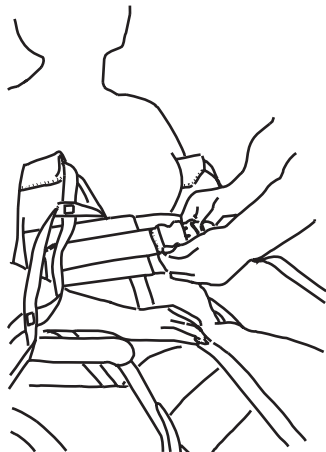
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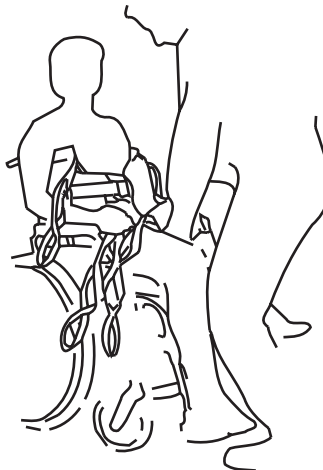


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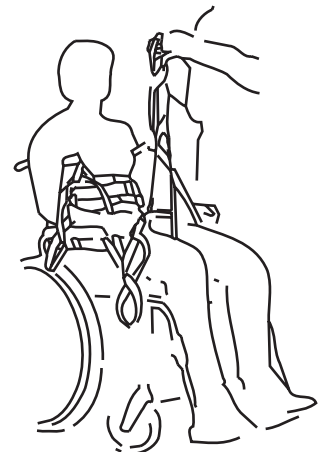
The support belt can be placed either inside or outside the sling. If it fits tightly the support belt gives added support to the upper body. Supports the sides of the chest and upper thigh. We recommend using the belt outside.

5



Place the leg straps under the thigh **as close to the groin as possible.** Remember to use your legs to perform the lift, in order to avoid strain on your arms and back.

6



Check that the top set of straps and the leg straps are of equal length, so that the user does not "double up" over the hip joint when being lifted.

If the user has a low body tone, it could be practical to support both knees before starting to lift.