

Information, Instructions and Guidelines for Use

IMPORTANT – Please read carefully and use product accordingly. Retain document for future reference

The **ErgoRaiser™** . . . an ergonomically designed modular limb support with the versatility to meet the comfort and support needs of both patient/client and practitioner. With superior infection prevention properties, it is simple to use and has minimal maintenance costs.



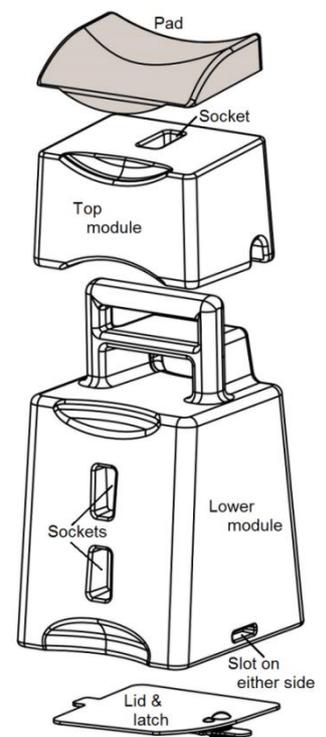
Introduction

Undertaking any form of treatment or care procedure to a patient/client's limb can be a posturally awkward and physically stressful experience that challenges the comfort, energy and physical wellbeing of both the health/care practitioner and patient/client. By supporting the limb at a raised working height during the procedure, many of the postural and operational difficulties that cause physical stressing can be alleviated and the risks to musculoskeletal health more easily managed.

About the ErgoRaiser™

Lightweight and modular in design, the **ErgoRaiser™** may be assembled and configured in a variety of ways to provide a wide range of support options and heights of elevation. This range can enable patients/clients, including many with more complex mobility and treatment/care needs, to have their limb comfortably supported in a raised position. The musculoskeletal health and wellbeing of both patient/client and practitioner can therefore be facilitated and a more comfortable, efficient and interactive experience afforded to both parties.

- The versatility of the design enables comfortable support for a limb from either floor level or raised surfaces such as a plinth, bed or table. The sturdiness of the support can assist the practitioner in having both hands free to carry out the procedure.
- Moulded in polyethylene and polyurethane, and containing an active antimicrobial agent, the smooth lines and open design ensure all areas are accessible for efficient and effective cleaning.
- The multi-positional, easy to clean support pad eliminates the ongoing expense and environmental impact of disposable slings, ensuring the **ErgoRaiser™** is both economical and eco-friendly.
- Integral handles enable the **ErgoRaiser™** to be easily moved, handled and transported. The top module and pad may be stowed within the lower module to aid transportation and storage. An optional shoulder strap is also available.
- At floor level, when used in conjunction with its sister product the **ErgoKneeler™**, the two devices form a very effective system for managing the entire kneeling posture; however, the **ErgoRaiser™** also works well with any other kneeling aid or pad.
- The **ErgoRaiser™** can also provide effective support for individuals undergoing a limb recovery/rehabilitation programme. For example: post-surgery/injury, management of pain/swelling, Return to Work programme, therapy programme. Some other areas of use are within exercise/sport programmes and beauty/nail treatments.



The ErgoRaiser™ is designed, developed and manufactured entirely in the United Kingdom

Introducing the ErgoRaiser™ to a patient/client

The ability of patients/clients to tolerate a limb in an elevated position will vary widely and there is no one height, angle of support or duration that will suit every individual, nor be appropriate for every procedure or practitioner. The practitioner must assess the use and support options of the **ErgoRaiser™** with each individual patient/client prior to use - the following points should be considered within that assessment:

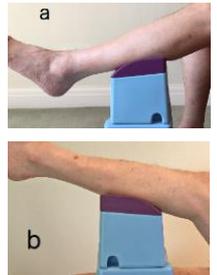
- Appropriate positions for the patient/client - any limitations imposed by: restricted range of movement, medical condition, discomfort, level of understanding or acceptance.
- Tissue viability and patient/client's ability to register and communicate discomfort, pressure and tissue stressing.
- Required procedure/intervention: which position(s) are appropriate for the patient/client and functional for the practitioner. Could varying the position during the procedure benefit the individual and the practitioner?
- Duration of procedure: patient/client's comfort and acceptance of the position for the required time.
- Patient/client's ability to move their limb into position: any assistance they may require, how can that assistance be most safely provided?

The patient/client's comfort, tissue viability and ongoing acceptance must be carefully monitored throughout the treatment/care session.

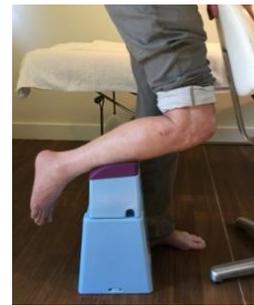
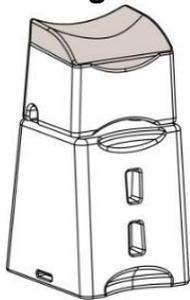
Configurations and positions of support

Please note:

1. **The following photographs.** These present a sample range of **ErgoRaiser™** configurations and positions; other positions may also be appropriate dependent upon assessed need. When considering any position, the practitioner must ensure that it is a safe, stable and appropriate option for both the patient/client and themselves.
2. **Ergonomic comfort and relaxation for the limb.** In general, the ergonomic sloping of the support pad should be orientated to work with the angle of the limb as it comes to rest on the pad ie:
 - Limb angled downwards (photo a) - module positioned for pad to slope away from patient/client.
 - Limb angled upwards (photo b) - module positioned for pad to slope towards patient/client.
 - **NB.** There may be exceptions to this and comfort evaluation and consultation with individual patient/client should be undertaken. Always ensure that limb is centred on pad.
3. **Management of fluids/tissue debris.** In any configuration/position, paper or plastic sheet may be positioned under the pad and draped according to need.

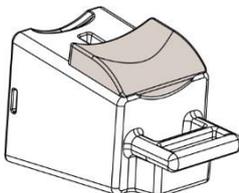
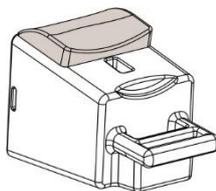


High Configuration - support from the floor



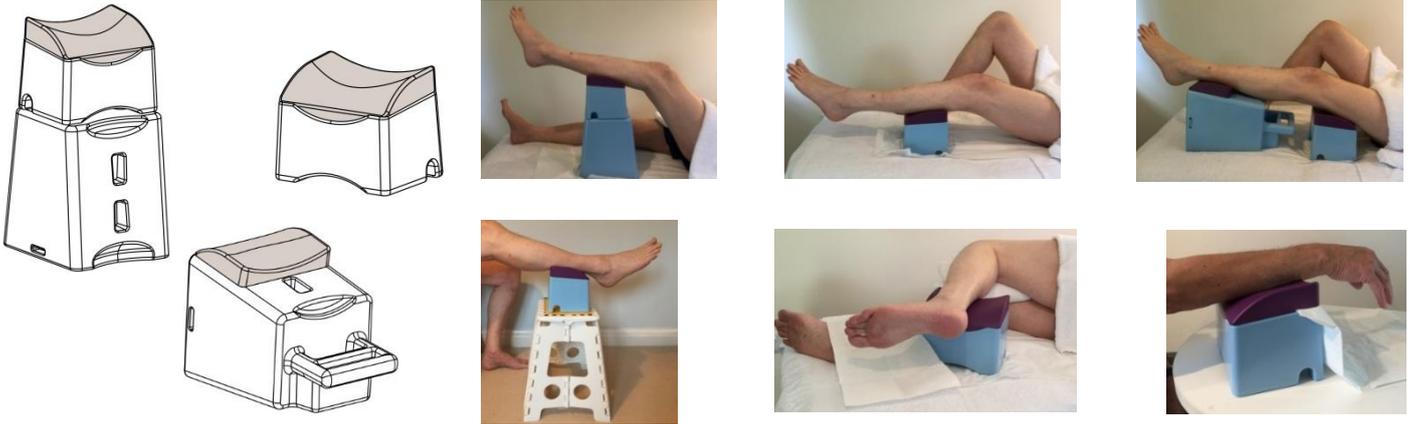
Low and Extra Low Configurations - support from the floor

- The following positions may be particularly appropriate when the patient/client's hip flexion or knee extension is compromised, and/or are seated on a low chair.
- To aid treatment or care, it may be helpful to vary the limb between 'support to the leg' and 'support to the foot' positions during the procedure.



Multiple Configurations - support on a raised surface

Please note: any raised surface must be designed to support the human load and assessed as providing a safe stable platform for the required module(s).



Further information, instructions and guidelines

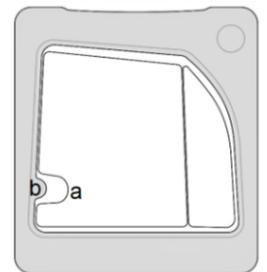
Ⓒ Registered: **Safe Working Load in all configurations – 80kg (BS EN 12182:2012.)**

The support pad

The ergonomic shaping of the pad in conjunction with the polyurethane foam of which it is made, comfortably cradles the limb in all positions. The pad may be transferred to whichever surface is to form the support platform for the limb and is anchored in position by fitting the raised plug on the underside securely into the appropriate socket on the module. Care must be taken that the pad is securely in position and clean before allowing the limb to rest.

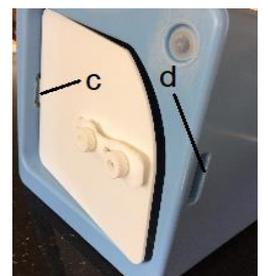
Stowing the top module and pad inside the lower module

To enable stowage, the top module and pad assembly must be correctly orientated and aligned to match the shape of the cavity. To aid this process the small arch (a) on the side wall of the top module, should be aligned with the raised guide rail (b) on an inside wall of the cavity. The top module and pad will then slide into the lower module and can be secured in place by the lid.



Operating the latch to remove and refit the lid

- **To open the latch:** loosen both knobs on the latch **just sufficiently** to allow you to slide the latch bar fully backwards out of its slot (d) on the module. **Re-tighten knobs to hold latch open.** Remove lid.
- **To refit the lid:** position the lid shape to match the shape of the cavity. Insert the protruding tag on the lid edge furthest away from the latch into the corresponding slot (c) on the inner wall of the module. Press the lid flat to rest against the internal ledge.
- **To close the latch:** loosen the knobs **just sufficiently** to allow you to slide the latch bar fully forwards into the adjacent slot (d) on the inner wall of the module. **Once latch bar closed into slot, fully tighten both knobs to ensure security of lid.**
- There are no hinges on the lid to trap dirt and bacteria; entire latch mechanism may be dismantled for cleaning.

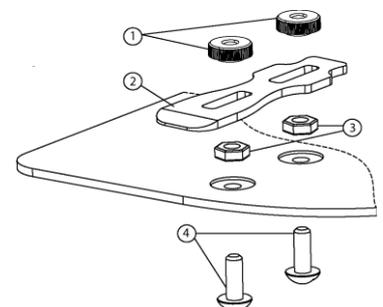


Dismantling and re-assembling the latch

WARNING – please note: Latch contains small parts; to avoid risk of choking, keep away from small children.

Before dismantling, note exact position of all component parts (see diag.). Ensure they are placed in same order when re-assembling; **failure to do this will render the latch ineffective.**

- **Dismantling:** Release and remove both knobs (1). Remove the latch bar (2). Release and remove both hex nuts (3). Remove bolts (4).
- **Re-assembly:** Push the bolts (4) through the holes from the underside of the lid. From the outer side of the lid, thread and wind the hex nuts (3) onto the bolts and **fully tighten.** Re-position the latch bar (2) over the bolts, **chamfered end uppermost and facing near outer edge of lid.** Re-position top knobs (1) and tighten.



Moving and Handling

- **WARNING – please note:** Care must be exercised when handling/operating/cleaning around any of the slots or sockets on this product (see diag. page 1) to avoid any risk of finger trapping.
- **Combined handling weight of all modules – approximately 2kg.** Users are advised to follow the Moving and Handling Policy, Training and Procedures of their own organisation when handling the **ErgoRaiser™**.
- **Carrying option 1:** A handle on the top of the lower module for use when the lower module only is required, or when the top module is stowed. An optional shoulder strap for attachment to this handle is also available.

Carrying option 2: A handhold on the rear aspect of the lower module enables both modules when in 'High Configuration' to be carried securely as a single unit. **Please note:** Before lifting, ensure modules are correctly stacked.

- To minimise moving and handling, store the **ErgoRaiser™** as close as reasonably practicable to the area of use. For domiciliary visits, take only the required module(s) into the home. As with all low height equipment, care must be taken in positioning the **ErgoRaiser™** in order to avoid trip hazards.
- When used on floors/surfaces that are not slip resistant, slight movement of the module(s) may be experienced; a **DYCEM** anti-slip mat is provided for positioning beneath the module in such situations. **Remove protective film from both sides of mat before use.**

When not in use, the mat can be rolled and stowed inside the top module but must be removed to enable the top module to be stacked onto the lower, as for 'High Configuration'. Wash/clean mat frequently to remove dirt/debris and optimise anti-slip properties



Infection Prevention and Cleaning

- A permanent antimicrobial agent is incorporated throughout the entire moulded material of all parts, including the **DYCEM** anti-slip mat. Labels are moulded in beneath the surface of the product.
- General cleaning instruction for all parts: wash in warm soapy water, rinse and dry. **Please note: Avoid pushing fingers into slots or sockets;** clean by threading a cloth or wipe through the openings.
- Tolerant of 1% bleach solution and antimicrobial wipes; **do not use** harsh or abrasive cleaning products or materials.
- Cleaning regime should be in accordance with the individual employer's cleaning and infection prevention policies and protocols. **Please note: Worn or damaged Support Pads should be replaced.**

Storage and Maintenance

- Prior to storage, ensure all parts are clean. Store with the top module and pad stowed inside the lower module. **Please note:** When removing from storage, check that the lid and latch are securely in place before attempting to lift.
- The seals on the underside of the top and lower modules are part of the manufacturing process and should not be removed.
- Prior to use, check that the **ErgoRaiser™** is clean and free from damage. Damaged parts must be replaced as necessary.

Spectrum Healthcare (UK) Ltd is grateful to the Manual Handling and Back Care professionals of the Yorkshire Back Exchange who supported the development of the ErgoRaiser™ and kindly reviewed the content of these Guidelines

For further information please contact:

Spectrum Healthcare (UK) Ltd

Tel: +44 (0)1793 762928 **email:** sales@spectrumhealthcare.co.uk **website:** www.spectrumhealthcare.co.uk

The ErgoRaiser™ is a European Community Registered Design. No 001615311-0001

© Linda J Darwent 2017. All rights reserved