

Mobility Assistance Sling (MAS)

Instructions for Use

Disclaimer

The Mobility Assistance Sling (MAS) is an easily carried and deployable adjunct for lifting and moving people with mobility challenges. It is intended for use by trained rescuers, healthcare providers, and other professionals with specific training for lifting and moving people. When determining how best to place and lift or move a person using the MAS, users should refer to their training and local protocol for decision making purposes. The makers of the MAS do not guarantee or imply that any of the techniques discussed in these instructions will be best suited, or even allowed by local protocol, for any particular situation.

WARNING: The MAS is not intended to treat injury and should not be used to move any person with suspected injury. It is not intended to stabilize a person in any way that may be construed to be aiding in the treatment or prevention of any injury/illness.

Design Features

The MAS incorporates design features to assist in lifting a person to a sitting or standing position while reducing strain on the user:

- It is made of heavy weight, coated nylon fabric that is extremely durable and resists tearing. It is machine washable.
 - The embedded plastic insert flexes with the person being lifted. This insert aids in the proper placement of the MAS under or around a person, and keeps the carrier from bunching up once it is in place.
 - Long length and multiple handles allow MAS users to position themselves as close or as far from the patient as necessary in order to lift using correct ergonomic positioning. This distribution of handles allows multiple users to lift a person cooperatively.
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Using the MAS

The MAS kit can be used to assist a person of any size or age. Each Sling can be used to lift a person of up to 400 pounds. To accommodate larger persons, two slings can be used at the same time.

WARNING: The MAS does not provide any mechanical advantage and it is up to the user to ensure that adequate personnel are available to safely lift and move the person needing assistance.

The MAS comes in a carrying case as part of a two (2) unit kit (FIG 1).

To use the MAS, remove one or both units from the case. One side of the MAS has a total of 8 handles sewn to it and should always be positioned facing away from the person being lifted (FIG 2). The opposite, or smooth side, of the MAS should be positioned facing toward the person being lifted.

FIG 2.



The MAS may be used in several different positions. Determine the best placement for the MAS, taking in to consideration the person's size, age, location, obstacles, and health conditions. Some situations may benefit from the use of two or more MAS's at the same time.

FIG 1.



(continued on back)

Suggested Uses

1. **Seat placement** – For a person who is able to sit up, the MAS may be positioned under their buttocks or upper thighs. The plastic insert at the center point of the MAS can be used to assist in positioning the MAS appropriately under the person. Two lifters then assume ergonomically safe positions to lift from on either side of the person being lifted. Each lifter grasps an appropriate handle. As the lifters stand, the person is lifted to their feet. (FIG 3)
2. **Under arm placement** – For a person who is able to sit up but access for placement under the buttocks or upper thighs is not practical, the MAS can be positioned under the arms. To do this, center the MAS on the patient's back just below the shoulders (FIG 4). Alternatively, for some people it may be more advantageous to position the MAS with the center over the patient's chest (FIG 5). Next pass the ends of the MAS under each arm and then fold them up over the shoulders. This positioning of the MAS will allow two or more rescuers to grasp handles and lift in a position that is ergonomically correct for their height and distance from the person being lifted. The embedded plastic insert in the center of the MAS helps to limit bunching of the strap across the back or chest, which can be uncomfortable for the person being lifted.

FIG 3.



FIG 4.



FIG 5.



3. **Combining Seat and Under Arm Placement** – In some circumstances it may be advantageous to use one MAS in a seat placement and a second MAS in an under arm placement. Using two MAS's together in this fashion allows for more lifters to work together to lift a person from multiple points. When this is done, it is important that lifting effort is coordinated in such a way that the person being lifted is moved safely to the desired position.




WARNING: Rescuers should always ensure good lifting techniques are used and verify that the person being lifted is being supported, manually or with the MAS, in a way that they cannot fall back to the ground or floor while they are being moved.

Care and Cleaning

If your MAS becomes soiled it can be easily cleaned. Remove the plastic insert through the hook and loop pocket closure and place the remaining carrier in a washing machine. Handwashing is also acceptable. Use warm water with a mild detergent. Allow the MAS to hang to dry completely before replacing the plastic insert and returning it to service.

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