



EXPERTS IN PATIENT HANDLING SOLUTIONS

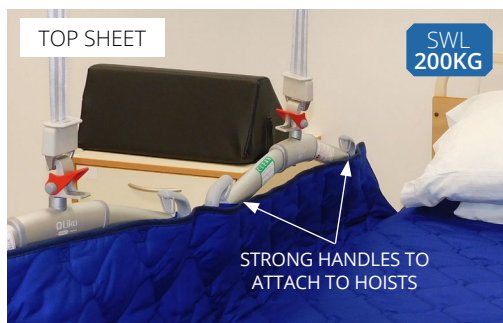
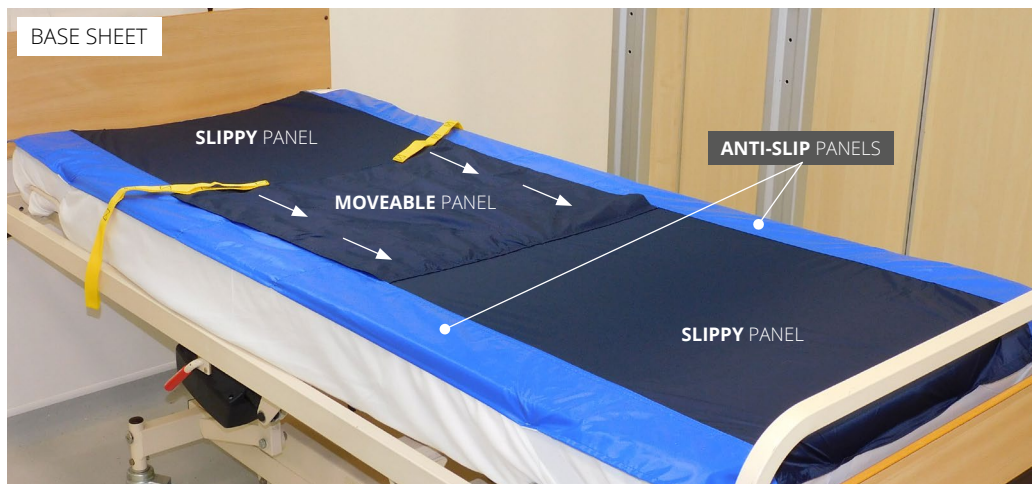


FLEXICARE 4-WAY IN-BED SYSTEM

This guide covers all products with the prefix FC in the product code

For the care of the long term or 24 hour patient, providing assistance with repositioning up and down in bed, turning, swivelling, sitting up, transferring and proning. **Please read this instruction booklet carefully before use to avoid any potential accidents and injuries due to misuse.**

FLEXICARE EXPLAINED



SUPPORT TRAINING: On-site and Online
Please contact us for more information

USER INSTRUCTIONS

HOW TO SET UP FOR A PATIENT / MAKE SURE YOUR PATIENT'S POSITION IS SECURE – SINGLE CARER

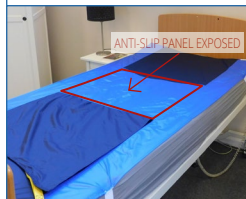
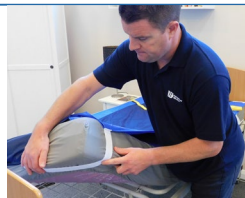


1

Place the **Flexicare 4-Way In-Bed System Base Sheet (Base Sheet)** with 'This way up' facing up by the head of the bed.

Place the strong elasticated straps around each corner of the mattress to secure in place.

2



3

Pull down the slippery panel so the anti-slip panel in the middle is exposed.

Place the quilted **Flexicare 4-Way In-Bed System Top Sheet (Top Sheet)** on top.

4



5

Client lies on the mattress with their bottom in the centre (centre line is marked).

With the anti-slip panel on the **Base Sheet** exposed, the patient's position is secure and they can sit up or lie down without risk of movement, whilst still allowing for some movement of shoulders and feet for client comfort.

6



SUPPORT TRAINING: On-site and Online
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HOW TO REPOSITION A PATIENT WITHOUT A HOIST - SINGLE CARER



1

Before moving a person you must make the **Base Sheet** slippery again. Supporting the quilted **Top Sheet**, the carer uses it to tilt the person slightly away from them.

Then, holding the yellow handle of the slippery cover, on the **Base Sheet** gently pull it towards the head end of the bed to cover the anti-slip panel (as shown). Repeat on the other side.

2



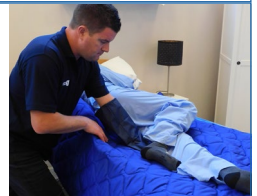
3

Please note: If available gently **RAISE THE SAFETY SIDES** on the bed.

The **Base Sheet** is now fully slippery and you can now reposition the client up/down, turn and rotate.

The carer can also slide a **Slippy Sleeve** under the patient between the two panels to remove any wrinkles and reposition the pillow.

4



5

When the person is in the position you want them, insert a wedge if needed, then pull the slippery panel (yellow handle) down towards the bed end to secure the patients position.

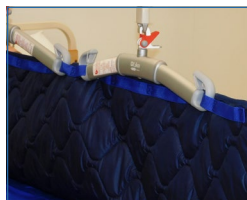
Make sure the patient is comfortable and the **Top Sheet** is left tidy.

6



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HOW TO REPOSITION A PATIENT WITH A HOIST (MOBILE, GANTRY OR OVERHEAD) – SINGLE CARER



1

Please note: you can use the **Flexicare** with single or double spreader bars. Attach the hoist to the handles provided on either side of the quilted top panel in order to gently turn your patient.

Base Sheet: Remember to **make sure that you have made the base slippery** by covering the anti-slip panel with the slippery panel.

Using the hoist bring your patient gently towards you, raising the bar slightly. You are aiming to keep your patient in the middle of the bed.

Repeat until your patient has turned in the bed as shown.

2



3

USE SAFETY SIDES IF AVAILABLE.

Whilst the patient is in the turned position, place a wedge behind their back and roll them gently back onto this.

Release the spreader bar or bars from the **Top Sheet**.

4



5

Adjust their pillow position by using the **Slippy Sleeves** to slide under the pillow and reposition easily.

Please note: *make the product safe by ensuring the **Base Sheet** is locked off (pull slippy panel and yellow handles down).*

The patient is now in a secure position, safe and comfortable.

Put up any safety sides that are available.

6



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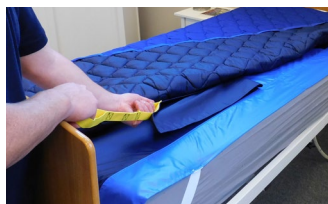
EXTRA TECHNIQUES

HOW TO PULL DOWN THE SLIPPY PANEL TO SECURE THE PATIENT'S POSITION

To secure or lock the patient's position you will need to pull down the slippy panel on the **Base Sheet** and expose the anti-slip panel. Working on your own you can only work each side at a time.

POINTS TO REMEMBER

(a) Use safety sides whenever you can when working on your own. **(b)** Working from one side, take one of the long yellow handles and pull it down towards the foot end. By doing this you will start exposing the anti-slip to make the patient safe. **(c)** Go around to the other side and find the other yellow handle. Pull this down to the foot end as well. **(d)** The patients position is now secure.



HOW TO PULL UP THE SLIPPY PANEL TO REPOSITION A PATIENT

To enable you to reposition the patients you will need to pull the slippy panel up, covering the anti-slip panel on the **Base Sheet**. Working on your own you can only work each side at a time.

POINTS TO REMEMBER

(a) Use safety sides whenever you can when working on your own. **(b)** Standing near the head end, take one of the long yellow handles and pull it up towards you as shown. By doing this you are half covering the anti-slip panel. **(c)** Then go round to the other side of the bed and pull the second yellow handles up to cover the rest of the anti-slip panel.



USING THE FLEXICARE WITH A SPREADER BAR

Although the **Flexicare** system can be used to reposition without the aid of a hoist, a hoist and its spreader bars can be useful. The **Top Sheet** can be used with most spreader bars on overhead tracking, gantry systems and also mobile hoists.

POINTS TO REMEMBER

(a) If using a single spreader bar, attach the straps on the underside of the top sheet at points to coincide with the patients shoulders and hips. **(b)** If using double spreader bars, these can be attached at points to cover the whole torso. **(c)** Always make sure that the handles are securely fixed on the spreader bar. **(d)** Use the hoist slowly to ensure maximum patient comfort and safety. cover the rest of the anti-slip panel.



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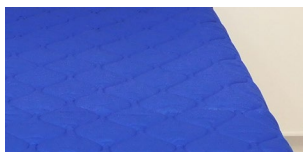
Base Sheet

Designed to fit the mattress of a bed, it is kept in place by strong elastic straps on each corner.



Top Sheet

This Top Sheet is the part the patient lies on. It is made from a soft polycotton fabric for comfort.



Top Sheet – Wipeclean

This Top Sheet is designed for patients/users and carers for when incontinence is a problem.



FABRIC CONTENT

Base Sheet: 100% Nylon with 100% Polyester Panels

Top Sheet: Outer fabric: 100% Polycotton. Filling and Inner Fabric: 100% Polyester

Top Sheet – Wipeclean: Outer fabric: PU Coated Polyester. Filling and Inner Fabric: 100% Polyester

Handles (All): Polypropylene

STORAGE AND HANDLING

- Store in a clean dry environment that is not subject to excessive heat.
- Keep away from sunlight.
- Store flat and avoid placing heavy objects on top of the product.

WARNINGS AND PRECAUTIONS

- Do not leave or drop on the floor; they are a slip hazard.
- Inspect all products, including handles, before use for signs of damage or tears.
- Top Sheet: Safe Working Load (SWL) 200kgs.

CLEANING INSTRUCTIONS

- Can be wiped clean, between use with the same patient, with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Cleaning materials used should be patient safe and biodegradable.

DISPOSAL INSTRUCTIONS

- Non-recyclable.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.



Wash at 40-74°C. Tumble dry on low heat. Do not Iron. Do not use bleach. Do not use fabric conditioner.



MANUFACTURER

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HOSPITAL DIRECT (HD) ADDITIONAL SYMBOLS

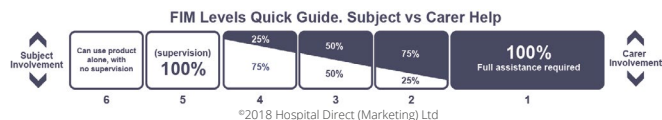
At HD we understand that not everyone is familiar with all equipment, so to help therapists and healthcare professionals in assessing a product's suitability for a client, we have included two assessment tools, Functional Independence Measure (FIM) and Easy Guide Symbols. These will enable the healthcare professional to assess their client and decide whether or not a product will help the person based on their level of dependence and functional ability.

FUNCTIONAL INDEPENDENCE MEASURE (FIM) ASSESSMENT

Our FIM assessment guide for each product will help you decide the suitability of this product for the person's ability and need. Based on the standard criteria from Level 6 where the person can use the product unaided and unsupervised to Level 1 where all the assistance is provided by the carer and the client can do nothing, this guide is easy, quick and simple to use to check suitability against ability and circumstance.

EASY GUIDE SYMBOLS

We use four symbols to indicate where a product is suitable and safe for the person to use unassisted, with a single carer or with multiple carers. These symbols indicate the minimum recommendation.



HD has a policy of continuous development and, as such, reserves the right to alter specifications (including measurements, materials and colours) without prior notice.