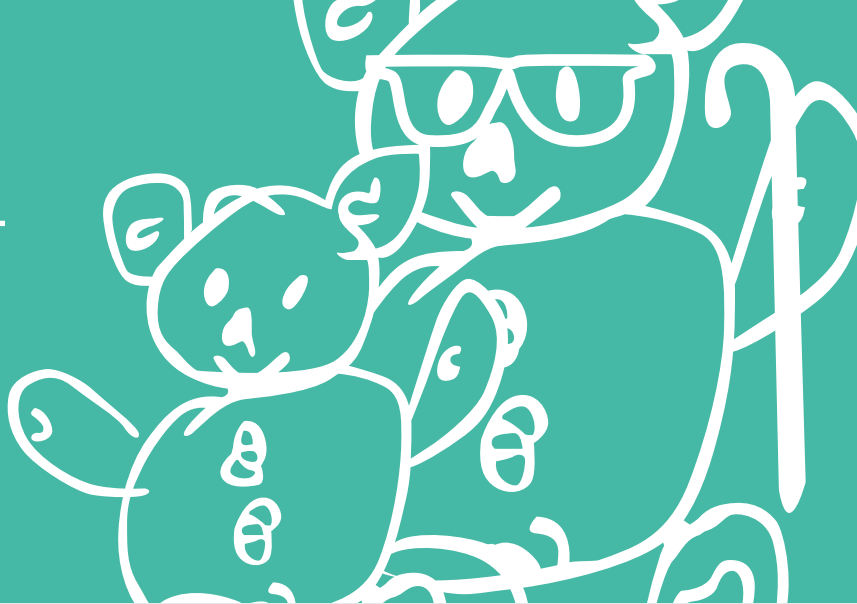


Foot Supports

INSTRUCTIONS FOR USE



MANUFACTURED BY SIMPLE STUFF WORKS ASSOCIATES



PLEASE NOTE

It is unsafe to assemble and use the equipment without **fully reading** the instructions

1. User Assistance

If you are experiencing problems with any part of your sleep system, refer to troubleshooting section and the online video.

If you cannot find the answer contact us:

UK Telephone number : **01827 307870**

USA Telephone number : **1-888-213-8416**

Support Email : **admin@simplestuffworks.co.uk**

Simple Stuff Works

UK

Simple Stuff Works Associates Ltd
Units 4 and 5, Cavendish
Tamworth
Staffs
B79 7XH

USA

Simple Stuff Works Inc.
One Commerce Centre,
1201 Orange St #600,
Wilmington,
New Castle,
Zip Code 19899
USA

Product Info

The product in this specific manual is the **Foot Support** as part of **Mattress Flotation Therapy**

Product code : **IKY**

Device listing number : **D258510**

Proprietary Name : **Non-powered Sleep System**

Regulation Description : **Non-powered flotation therapy mattress**

Other Useful Contacts

Please fill in accordingly:

Home medical equipment supplier :

Home healthcare agency :

Doctor :

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3. Warnings and Cautions

A warning is a statement that alerts users to the possibility of injury, death or other serious adverse reactions.

! WARNING

The foot support is not to be eaten or placed in any orifice.

1. This could result in harm to the individual.
2. If this is considered a risk then an alternative is to be sought from the registered health professional.

! WARNING

The foot support should not be exposed to heat, for example, a naked flame.

1. This could result in burns to the individual and damage to the product.
2. Establish and remove the source of the heat.
3. If this is considered a risk then an alternative is to be sought from the registered health professional.

A caution is a statement that alerts users about the possibility of a problem associated with use.

! CAUTION

Only use Simple Stuff Works components and accessories

1. Any unauthorized use of the system may put the patient and the care giver at risk.
2. Failure to follow these instructions will invalidate the warranty.

Warnings and Cautions

A caution is a statement that alerts users about the possibility of a problem associated with use.

! CAUTION

The foot support should be free of objects.

1. Any objects trapped in the Foot Support, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.

! CAUTION

The equipment poses an infection control risk if used between patients.

1. Ensure the correct local infection control measures are taken if redistributing to other patients.

! CAUTION

Cleaning care and maintenance instructions should be followed at all times

1. Not following the instructions will result in damage to the Foot Support, placing the patient at risk.
2. Fully read the accompanying cleaning and care document.
3. Do not use the Foot Support if damage does occur and consult your registered health professional.

! CAUTION

The equipment should only be used for the patient it was ordered for and for its intended use.

1. This could result in pain and deformity to the unintended patient.
2. Do not give any unused systems or part of to another patient. A risk assessment by a registered health professional will be required to determine the suitability of any equipment.

Warnings and Cautions

A caution is a statement that alerts users about the possibility of a problem associated with use.

! CAUTION

In hot environmental temperatures pooling of body moisture can occur on the mattress base as moisture is wicked away from the body.

1. An absorbent material such as an incontinence sheet should be placed under the sheets to absorb the excess moisture.
2. The care giver should continue to monitor the condition of the skin.

4. Purpose of the Device

- The foot supports are designed to support and only to be used with the feet. The supports are made of a specialised fibre material that wicks moisture away from the body.
- Relieves pressure off the base of the heel, this is often necessary when the person is being supported to lie on their back.
- Relieves pressure off the base of the heel when the hips and knees are bent.
- Protects the toes from possible shear forces caused by contact with sheets.
- Supports the ankle.
- The foot supports can be used on different types of mattresses such as a foam, an airflow and low air loss mattress. If in any doubt consult with the manufacturers guidelines.
- Some of the benefits of using the foot support may be reduced pain, improved comfort, sleep, heat exchange, pressure care.
- The intended purpose of the sleep system is therapeutic positioning in the lying posture, it is a gentle therapy used by people with movement difficulties. When used correctly it may help protect and restore an individual's body shape.
- The Simple Stuff Works positioning system has no Velcro or screw action fixings so silent changes of position can be made with little disruption to the person whilst in bed.
- The positioning and use of any accessories should be determined by an appropriately qualified and registered professional.

5. Description of the device

These are the soft foot supports. They are designed to support **ONLY** the foot.

See figure 1.



Figure 1

6. Environmental conditions that affect use

- The properties of the system naturally wicks moisture away from the body. This may result in moisture pooling on the mattress underneath the base layers.
- In hot environmental conditions use an incontinence sheet underneath the base layers, this will absorb any moisture that is wicked away from the body.
- After moving the patient, check for objects or creases.
- If the foot support moves by the patient's body movements, reposition and consider if another type or additional support is required.
- Remove any objects and smooth creases of the foot support and base layers.
- To transport the equipment place all parts into a bag to ensure all the parts stay together.
- After unpacking check all parts are present and intact.

Conditions under which the device should and should not be used

- You should always use a size that extends beyond the toes so the sheets do not rub the toes.
- The foot should be positioned so the heel floats over the hole provided.
- The clips should be fastened on the outside of the support.
- The foot support should only be used as assessed by the qualified registered health professional.

7. Set up instructions of the device

List of parts

1. Foot supports.
2. Appropriate mesh base system if on a foam mattress.
3. Appropriate other support as assessed by the qualified and registered health professional.
4. Cotton sheet.

No tools required for set up

Device placement

1. The care giver to ensure that there are no objects, inside the boot of the Foot Support.
2. The care giver to ensure that there are no creases or objects, on top of, below, in-between or in the sheets.

! CAUTION

The foot support, mattress and sheets should be free of objects and creases.

1. Any objects trapped within the foot support, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to smooth the sheets to check for unwanted objects and creases.

3. Place the foot inside the boot as described in the instructions for use.

For assistance with set up issues refer to the corresponding video and to page 1 for our contact details.

8. Check out procedures

Check with every use or daily

- Ensure the foot support is intact and contact your supplier for a replacement and advice if required.
- Prior to each use visually check and feel the foot supports and base sheets are free from objects and creases.
- Smooth out any creases and remove objects from the foot supports and sheets.

For assistance with set up issues refer to the corresponding video and to page 1 for our contact details.

9. Operating instructions of the device

! CAUTION

The foot support, mattress and sheets should be free of objects and creases.

1. Any objects trapped within the foot support, between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to smooth the sheets to check for unwanted objects and creases.

1. Prepare the patient, the bed and mattress prior to placing the support boots on the patient's feet.



2. There is a cut out area where the heel sits, this will reduce the effects of any pressure.



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3. The buckles are fastened and the straps pulled to secure the support around the foot.



4. The support has one side which is thicker than the other side, reducing the turning of the foot to the side. This thicker area is always on the outer side, where the buckles fasten.



5. The placing of the foot in the foot support, ensuring the heel is in the cut out area.



6. The foot is positioned so the toes are below the top of the foot support.



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7. Both of the buckles are now fastened. Bring the cover material across the foot to protect from the buckles. Now fasten the two buckles.



8. Once the buckles are fastened pull the straps away from the buckle to secure the support around the foot.



9. Before placing any bed covers over the patient check that the patient's toes are below the top of the foot support.



10. To remove the foot from the support, unbuckle each of the straps and then lift the person's foot until it is clear of the support. The foot supports can be used with a variety of other supports.



It is advised the care giver seeks training and guidance in the field of manual handling. This is not covered within this guide.

10. Cleaning instructions

The foot support is a fully washable product.

- How often should the foot support be washed - On soiling and enough to keep clean and fresh.
- Only **NON bleaching** household washing powder can be used to wash the foot support.
- The foot support should not be washed above forty degrees Celsius, **<40C**.
- The foot support should fit into a standard house hold washing machine drum, not a top loader and should be spun on a **slow spin cycle**, 800 revs or less.
- The foot support can be air dried or tumbled dried on a low heat.

Washing the system whole

1. Adhere to the manufacturer's instructions at all times.	PRODUCT	SYMBOLS
	Foot Support	
	WHAT DO THEY MEAN?	TEMPERATURE
	<ul style="list-style-type: none"> • Wash at maximum 40 degrees • <u>The line underneath 40° indicates a slower spin cycle is required</u> • Do not bleach • Do not iron • Tumble dry on low heat 	<p>40°C Maximum</p>
2. Insert the foot support directly into the washing machine. Add non bleaching washing powder and set the washing machine as per instructions.		
3. Remove from the washing machine, allow the whole product to air dry or tumble dry on a low heat.		

11. Maintenance instructions

- Check that the seams are intact - before use visually inspect.
- Check that the integrity of the foot support has not been comprised.
- Check before every use that there are no objects that are within the foot support, between, on top of or underneath the base system.
- If pooling of moisture occurs ensure that an incontinence pad is placed on the base of the mattress to absorb excess moisture.

12. Storage of the device

1. The system will deteriorate if stored in wet or damp conditions.
2. It should be stored in a room above freezing but below 90 degrees Fahrenheit. For extended storage then you need to store in plastic, sealed containers.

13. Troubleshooting section

If the troubleshooting reveals a patient health problem rather than a device problem, the healthcare professional emergency assistance service should be contacted immediately.

Any adverse events should be reported using the contact information on page 1

Anticipated problems	Solution to the problem
1. During very hot environmental conditions there may be pools of sweat found on the mattress. This is due to the fabric wicking moisture away from the body.	1. Place an incontinence sheet underneath the fitted base sheet. This will collect excessive moisture. Monitor the patient's skin condition when using this.

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<p>2. The development of a pressure point, due to an object in the foot support, under, between or on top of the layers.</p>	<p>2. Ensure that the foot supports, mesh based sheets, mattress topper and cotton sheet are free from objects.</p>
<p>3. The development of a pressure point, due to a crease in the material.</p>	<p>3. Ensure that the mesh based sheets, topper and cotton sheet are free from creases.</p>
<p>4. If the material gets damaged due to washing at temperature exceeding 40 degrees.</p>	<p>4. Comply with the washing, drying and care of instructions of the foot support. Contact your supplier for a replacement see page 1.</p>
<p>5. If the material gets damaged or torn.</p>	<p>5. Comply with the washing, drying and care of the foot support instructions. Contact your supplier for a replacement see page 1.</p>

14. Summary page

This is not to replace the complete user's instructions and the entire manual should be read prior to using the device.

- The foot support is designed to support the foot.
- The foot supports are made of a specialised fibre material that wicks moisture away from the body.
- The patient lies directly on the base support system, the foot supports can be used on a foam, low air loss or an airflow mattress.
- The intended purpose of the sleep system is therapeutic positioning in the lying posture, it is a gentle therapy used by people with movement difficulties. When used correctly it may help protect and restore an individual's body shape.
- The foot support may be used in conjunction with a variety of other supports.

! CAUTION

The mattress and sheets should be free of objects and creases.

1. Any objects trapped between, underneath, or on top of the sheets will be a potential risk for pressure ulcer development.
2. Any creases in the sheets will be a potential risk for pressure ulcer development.
3. The user to smooth the sheets to check for unwanted objects and creases.

! CAUTION

Only use Simple Stuff Works components and accessories

1. Any unauthorized use of the system may put the patient and the care giver at risk.
2. Failure to follow these instructions will invalidate the warranty.

Contact phone number for assistance – please fill in accordingly _____

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16. Date of writing the manual

October 2016

17. Accessories

All accessories that can be used have their individualized manuals and instructions, they are listed below. Individual manual to be fully read and understood. Not all of the accessories below will be considered suitable or appropriate, this will be determined by the registered health professional.

1. Mattress Topper	9. Fitted Cotton Sheet
2. Fibre Wedges	10. Flat Cotton Sheet
3. Fibre Wedges with Mesh	11. Horseshoe Pillow
4. Stabilizing Flat Mesh Base System	12. Neck Pillow
5. Stabilizing Fitted Mesh Base System	13. Sausage Pillow
6. Lateral Supports and Padded Wedges	14. Temperature Regulating Pillow
7. Lateral Supports and Padded Wedge with Mesh	15. Supine stabilizer
8. Plastazote Wedges	16. Side lying leg support