

# Simple Stuff Works



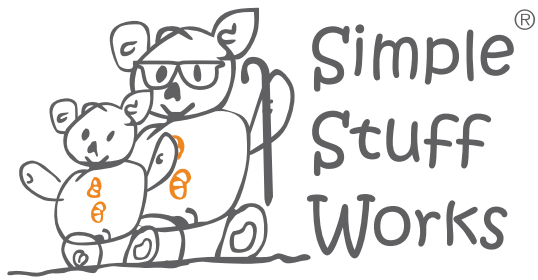
**SLEEPING &  
POSITIONING SYSTEM**

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CATALOGUE & PRODUCT GUIDE





From our family to yours

The Simple Stuff Works way provides high quality education and therapeutic positioning equipment with an aim to eradicate the preventable problems associated with body shape distortion.

Simple Stuff Works advisors and colleagues are all highly experienced, having written some of the leading research into Postural Care and its effects. Medifab educators have been upskilled by these individuals and are ambassadors to promote protection of body shape.



Therapeutic positioning requires a comprehensive understanding from everyone involved if it is to be implemented successfully. Medifab with Simple Stuff Works is equipped to offer a range of training to support families, healthcare professionals and indeed anyone with an interest in therapeutic positioning. Our courses are accredited and license delegates to join a worldwide community of Postural Care Leaders with access to all our training materials and support.

Simple Stuff Works take pride in the fact that their equipment is silent, hygienic and simple to use. Training programs are available in Australia and New Zealand and will allow you to implement this powerful form of therapy as safely and as humanely as possible.



# Kits

Kits are available in three sizes with common items.

	Baby Kit	Child Kit	Teen/Adult Kit
<b>Code</b>	7150-7001-C00	7150-7002-S00	7150-7003-S00
<b>User Age</b>	For infants from 0 to 5 years of age	For children from 5 to 12 years of age	For adults from 12+ years of age
<b>Kit Includes</b>	<ul style="list-style-type: none"> <li>• Cot Stabilising Mesh Pack</li> <li>• Cot temperate Fibre Topper</li> <li>• 2x Fitted Cotton Sheets</li> <li>• Pair of Small Lateral Supports</li> <li>• Pair of Small Wedges</li> <li>• Simple Stabiliser Size 1</li> <li>• Carry Bag</li> </ul>	<ul style="list-style-type: none"> <li>• Single Bed Stabilising Mesh Pack</li> <li>• 2x Single Bed Temperate Fibre Toppers</li> <li>• 2x Fitted Cotton Sheets</li> <li>• Pair of Medium Lateral Supports</li> <li>• Pair of Small Lateral Supports</li> <li>• Simple Stabiliser Size 3</li> <li>• Carry Bag</li> </ul>	<ul style="list-style-type: none"> <li>• Single Bed Stabilising Mesh Pack</li> <li>• 2x Single Bed Temperate Fibre Toppers</li> <li>• 2x Fitted Cotton Sheets</li> <li>• 2x Pairs of Medium Lateral Supports</li> <li>• Standard Horseshoe Pillow</li> <li>• Pair of Medium Wedges</li> <li>• Small Universal Pillow</li> <li>• Carry Bag</li> </ul>

## Stabilising Mesh

- The base of the sleep system starts with a set of two layers of non-slip mesh. Supports are placed between the two layers around the individual to create the ideal position for them.
- One of the most hygienic bases for a positioning system being anti-microbial, complete with SteriTouch running through it, anti-mite, anti-fungal, entirely washable and conforms to Oeko-Tex Standard 100.
- Firmly holds any supports and is completely silent to use, making changes in position throughout the night as gentle and calm as possible.
- Can be used to also hold other pieces of equipment in place as well as holding the individual which means that the overall positioning system is very secure whilst allowing for easy changes in position.

	Cot Bed Size	Single Bed Size
<b>Code</b>	7150-7011-C00	7150-7012-S00
<b>Length</b>	<b>Base layer:</b> 1600mm <b>Top layer:</b> 1600mm	<b>Base layer:</b> 1790mm <b>Top layer:</b> 1810mm
<b>Width</b>	<b>Base layer:</b> 1530mm <b>Top layer:</b> 1080mm	<b>Base layer:</b> 1520mm <b>Top layer:</b> 990mm



## Temperate Topper

- Pair of soft mattress toppers which are non-dynamic, neither cooling nor warming the individual so as not to interfere with their unique temperature regulatory system; an essential safety feature for those who find it difficult to control their own temperature.
- Used underneath the sheet on top of the layers of Stabilising Mesh.
- Made with a state-of-the-art material which is machine washable to 90°
- Wicks moisture away from the skin and allows air to circulate around an individual, helping to maintain a dry, temperate environment for them to rest in.
- Single size can also be used on larger beds.

	Cot Bed Size	Single Bed Size
<b>Code</b>	7150-7051-C00	7150-7052-S00
<b>Length</b>	1000mm	1000mm
<b>Width</b>	590mm	1000mm



# Fitted Sheets

- Made from a beautiful material which is hard wearing but soft to ensure maximum comfort.
- Extra big and stretchy so that supports can be placed around an individual and the sheet will still conform to their body.
- Double bed sizes available on request.

	Cot Bed Size	Single Bed Size
<b>Code</b>	7150-7121-C00	7150-7122-S00
<b>Length</b>	1400mm	1900mm
<b>Width</b>	700mm	900mm

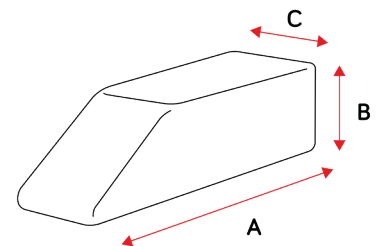


# Wedges

- Made with a specialist fibre and covered in a soft yet durable polyester-mix material.
- Fibre is highly breathable and wicks moisture away from the skin allowing the person to remain comfortable whilst reducing the risk of tissue damage.
- Tapered at one end to facilitate use in a variety of positions.



	Small	Medium
<b>Code</b>	7150-7351-000	7150-7352-000
<b>A</b>	22cm	32cm
<b>B</b>	11cm	14cm
<b>C</b>	11cm	11cm

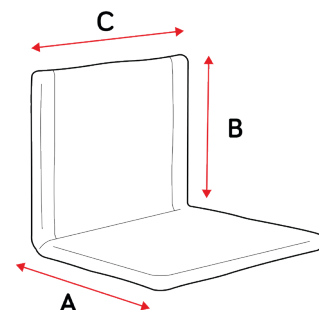


# Padded Lateral Supports

- Perfect for providing firmer support for an individual using our therapeutic positioning equipment.
- L-shaped with soft, washable, removable pads which cover them.
- Positioned between the two layers of stabilising mesh which holds them in place securely.
- Can also be used to stabilise other support items such as leg supports or pillows.
- Also available in option for air mattresses designed to grip directly to the mattress surface. See scripting and ordering guide for more information.



	Small	Medium	Large
<b>Code</b>	7150-7201-000	7150-7202-000	7150-7203-000
<b>A</b>	120mm	140mm	190mm
<b>B</b>	120mm	140mm	220mm
<b>C</b>	180mm	220mm	280mm





# Simple Stabiliser

The Simple Stabiliser is a beautifully simple leg support accessory which can be used to provide support to an individual's legs and pelvis in the supine position. It provides a small degree of flexion and abduction of the femora, designed to provide gentle facilitation of optimal resting posture for the legs in supine. The large base of the Simple Stabiliser is designed specifically to provide stability to the lower limbs and pelvis, preventing destructive lying postures that can result from involuntary movements. The simple and easy to use design provides an effective support option which can be used by multiple caregivers, and one that can be removed or added at any point of the night with ease.

Supportive leg positioning accessory which provides therapeutic positioning to the lower limbs.



The Simple Stabiliser supports the legs to be aligned therapeutically, from a habitual, unsupported or destructive position. Its intended purpose is in therapeutic positioning in the lying posture, and is a gentle therapy used by people with movement difficulties. When used correctly it may help protect and restore an individual's body shape. A few examples of postures avoided with the help of the Simple Stabiliser are:

- 'Wind sweeping' to the right or left
- Internally rotating both hips
- Externally rotating both hips

## FUNCTIONAL BENEFITS

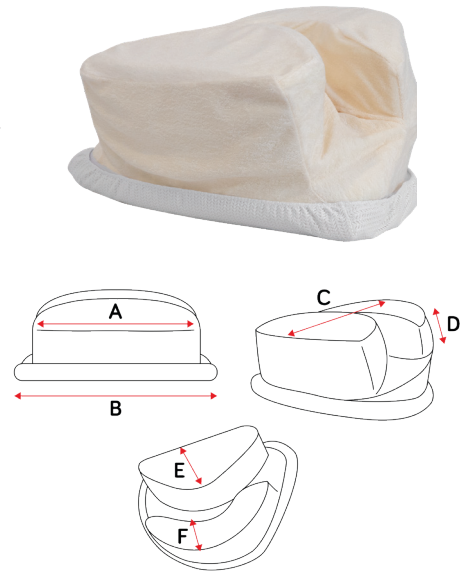
- **Therapeutic Alignment of the Legs**  
The Simple Stabiliser supports the legs to be therapeutically aligned from a habitual, unsupported, or destructive position.  
A few examples of postures avoided with the help of the Simple Stabiliser are 'wind sweeping' to the right or left, and internally or externally rotating both hips.
- **Stabilises the Pelvis**  
The Simple Stabiliser is a leg support piece which is designed to help an individual to keep a neutral, supine position for long periods of time. It is worn above the knees, across the thighs, and it stabilises the pelvis and the femora.
- **Post-Surgery Positioning to Avoid Contractures**  
The Simple Stabiliser can be used with individuals of all ages during immobilisation after surgery, to therapeutically align the legs and avoid contractures.
- **Wicks Away Moisture from the Skin**  
It has a cotton mix terry towelling cover and is filled with a specialised fibre that wicks moisture away from the body, therefore it may be placed next to the skin. This can also aid in temperature regulation.

	Size 1	Size 2	Size 3	Size 4
<b>With Breathable Inner &amp; Terry Cotton Outer</b>	7150-7341-000	7150-7342-000	7150-7343-000	7150-7344-000
<b>With Wipeable Inner</b>	7150-7345-000	7150-7346-000	7150-7347-000	7150-7348-000
<b>Height</b>	11cm	19cm	25cm	28cm
<b>Depth</b>	11cm	35cm	40cm	40cm
<b>Width</b>	42cm	46cm	65cm	65cm
<b>Approx. Leg Circumference</b>	25cm	35cm	55cm	60cm
<b>Suggested Age Range</b>	2 – 4 yrs	2 – 10 yrs	5 – 13 yrs	13 – Adult
<b>Spare Terry Cotton Cover</b>	7150-7221-000	7150-7222-000	7150-7223-000	7150-7224-000
<b>Spare Wipeable Inner Cover</b>	7150-7225-000	7150-7226-000	7150-7227-000	7150-7228-000

# Side Lying Leg Support

- Designed to protect the hips and pelvis when a person is lying on their side.
- The leg channel creates a perfect place for the top leg to lie and the bottom leg wraps gently around the outside.
- When combined with lots of support along the person's back, a supportive side lying position can be achieved.
- Perfect for individuals who need to lie on their side for safety reasons.

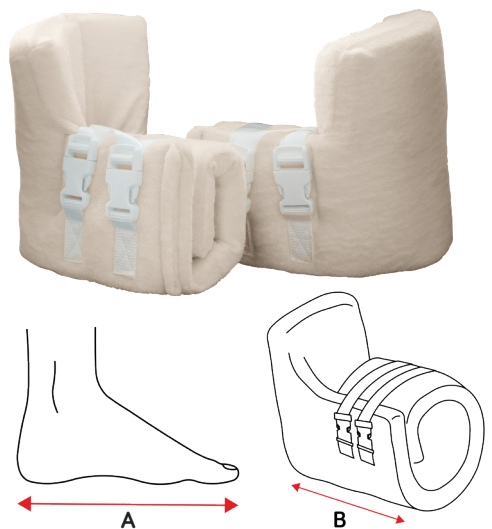
	Size 1	Size 2	Size 3
<b>Standard</b>	7150-7971-000	7150-7972-000	7150-7973-000
<b>Wipeable inner/ terry outer</b>	7150-7981-000	7150-7982-000	7150-7983-000
<b>A</b>	270mm	400mm	400mm
<b>B</b>	380mm	560mm	610mm
<b>C</b>	280mm	340mm	400mm
<b>D</b>	80mm	100mm	110mm
<b>E</b>	130mm	200mm	150mm
<b>F</b>	80mm	90mm	70mm



# Foot Support

- Designed to hold the feet in a neutral position for long periods of time.
- Made from the same fibre as the Temperate Toppers so they help to keep the feet feeling fresh whilst they are protected from falling forwards or rotating.
- Terry towelling outer makes for a comfortable and soft feel on the feet.
- Easy clip system makes it easy to put on and take off.

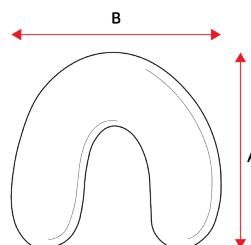
	Size 1	Size 2	Size 3
<b>Code</b>	7150-5351-000	7150-5352-000	7150-5353-000
<b>A</b>	210mm (max)	250mm (max)	300mm (max)
<b>B</b>	200mm	220mm	300mm



# Neck Support Pillow

- Great option for supporting an individual's neck.
- Made from a soft fibre and covered in a comfortable yet durable polyester-mix material.

	Neck Support Pillow
<b>Code</b>	7150-4050-000
<b>A</b>	350mm
<b>B</b>	300mm

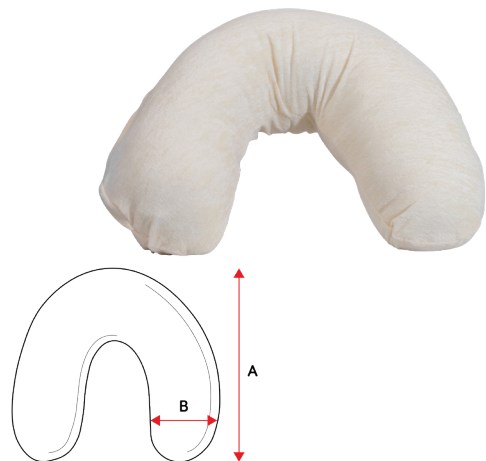




# Horseshoe Pillow

- Made from a soft fibre and covered in a comfortable yet durable polyester-mix material.
- Can be used for a variety of different functions and is normally used to support the user's legs.
- Can be used between the two layers of stabilising mesh, or on top of the sheets

	Small	Large
Breathable inner/terry outer	7150-7711-000	7150-7712-000
Wipeable inner/terry outer	7150-7721-000	7150-7722-000
A	460mm	500mm
B	190mm	200mm



# Head Positioning Pillow

- Universal supportive positioning pillow to provide the extra support where required.
- Can be used between the two layers of stabilising mesh, or on top of the sheets.
- Covered by a soft and comfortable, yet durable terry towelling cover.

	Small	Large
Code	7150-7501-000	7150-7502-000
Length	480mm	680mm
Width	350mm	450mm





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