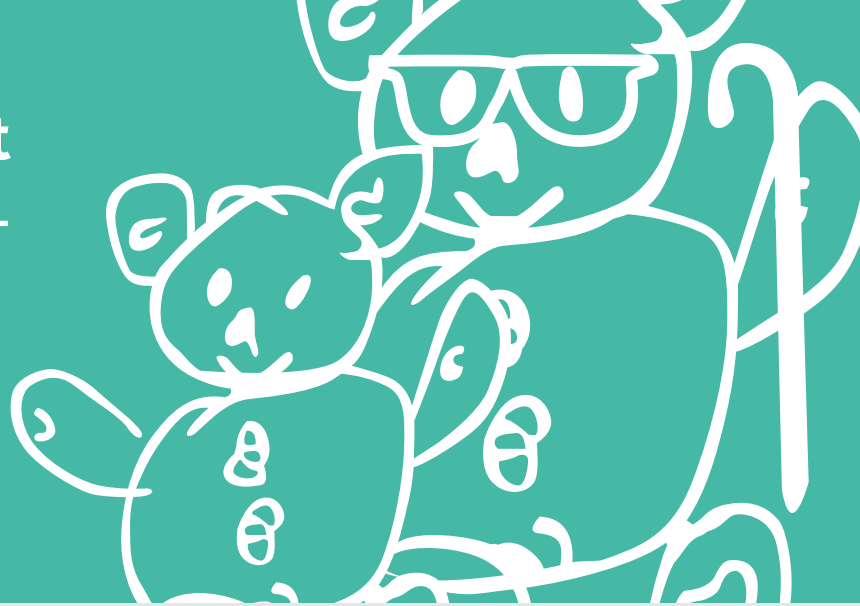


Side Lying Leg Support

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

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Product Info

The product in this specific manual is the **Side Lying Leg 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 Side Lying Leg 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.
3. Ensure the zip is protected and the flap is folded over.

! WARNING

The Side Lying Leg 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 Side Lying Leg Support, mattress and sheets should be free of objects.

1. Any objects trapped in the Side Lying Leg Support, between, underneath, or on top of the sheets, will be a potential risk for pressure ulcer development.
2. Remove any objects that are found.

! CAUTION

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

1. Ensure the correct local infection control measures are adhered to 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 Side Lying Leg Support placing the patient at risk.
2. Fully read the accompanying cleaning and care document.
3. Do not use the side lying leg support if damage does occur and consult your registered health professional.

! 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.

Warnings and Cautions

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

! 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.

4. Purpose of the Device

- Careful assessment and consideration must be made of the needs, safety and movement of the individual.
- The exact positioning and use of the Side Lying Leg Support will be determined by the qualified registered health professional.
- The Side Lying Leg Support supports the legs. Below are a few examples of postures:
 - 'Wind sweeping' to the right or left.
 - Both hips internally rotating.
 - Both hips externally rotating.
- It can be used by people of all ages during immobilization after surgery and the legs can be aligned therapeutically, to avoid contractures.
- The Side Lying Leg Support has a cotton mix terry towelling cover and is filled with a specialized fibre that wicks moisture away from the body. It therefore may be placed next to the skin.
- Some of the benefits of using the Side Lying Leg Support may be:
 - Reduced pain
 - Improved comfort
 - Improved sleep
 - Improved balance

Side Lying Leg Support

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- Improved cardiac function
 - Improved respiratory function
 - Improved heat exchange
 - Improved pressure care
 - Improved digestion
 - Decreased tone.
- 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.

5. Description of the device

The Side Lying Leg Support is designed to support the legs. It can be used in conjunction with other supports to raise or support it. The material is made of specialized fibres which wick moisture away from the body. This can be used for all ages.

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.
- Remove any objects and smooth creases.
- 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

- The Side Lying Leg support should always be used and positioned as advised by the qualified registered health professional.
- The Side Lying Leg support should only be used by the patient it is intended for.
- The Side Lying Leg Support can be used on foam, airflow and low airloss mattresses, if you are unsure consult with the manufacturers' guidelines.

7. Set up instructions of the device

List of parts

1. Side Lying Leg Support.
2. Appropriate mesh base system.
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 Side Lying Leg Support.
2. The care giver to ensure that there are no creases or objects, on top of, below or in-between in the sheets of the base system.

! CAUTION

The Side Lying Leg Support, mattress and sheets should be free of objects and creases.

1. Any objects trapped within, between, underneath, or on top of the side lying leg support and 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. The care giver to position the Side Lying Leg Support.

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 Side Lying Leg Support is intact and contact your supplier for a replacement and advice if required.
- Prior to each use visually check and ensure the Side Lying Leg Support and base sheets are free from objects and creases.
- Smooth out any creases and remove objects from the Side Lying Leg Support 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 Side Lying Leg Support, mattress and sheets should be free of objects and creases.

1. Any objects trapped within the side lying leg 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 visually check the side lying leg support and smooth the sheets to check for unwanted objects and creases.

1. Prepare the patient, the bed and mattress prior to placing the Side Lying Leg Support. The Side Lying Leg Support should always be placed as advised by the qualified and registered health professional.



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2. Place the patients' leg in the support. In regards to manual handling always consult with the appropriate registered and qualified professional. Often the way a person moves is individualised and cannot be covered in this manual.



3. A variety of supports can be used in conjunction with the Side Lying Leg Support. This image demonstrates two lateral supports with padded covers between the two mesh sheets.



4. This image demonstrates the Side Lying Leg Support being used in conjunction with the sausage pillow.



5. This image demonstrates the Side Lying Leg Support being used in conjunction with the foot support and small pillow.



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 Side Lying Leg Support is available in two different varieties, one is a fully washable product and the second one has a washable outer and wipeable inner. The instructions for both are set out separately. The level of soiling will determine whether or not the outer cover needs removing.

Washable Side Lying Leg Support

- How often should the Side Lier be washed - On soiling and enough to keep clean and fresh.
- Only **NON bleaching** household washing powder can be used to wash the Side Lier.
- The Side Lier should not be washed above forty degrees Celsius, **<40C**.
- The Side Lier 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 Side Lier can be air dried or tumble dried at a low heat.

Washable Inner and outer

<p>1. Washing the system whole.</p> <p>Adhere to the manufacturer's instructions at all times.</p>	PRODUCT	SYMBOLS
	Side Liers	   
	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>

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2. Insert the Side Lying Leg support into the draw string bag.



3. Pull the draw string by depressing the toggle. The bag is closed and the whole bag and Side Lier are ready to be inserted into the washing machine.



4. Insert the bag with the Side Lier directly into the washing machine. Add non bleaching washing powder and set the washing machine as per instructions.



5. Remove from the washing bag, allow the whole product to air dry or tumble dry on a low heat.

1b. Washing the outer cover and the inner section separately

<p>1. Adhere to the manufacturer’s instructions at all times.</p>	<p>PRODUCT</p>	<p>SYMBOLS</p>
	<p>Side Lyers</p>	
	<p>WHAT DO THEY MEAN?</p>	<p>TEMPERATURE</p>
	<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>
<p>2. Remove the cover from the Side Lying Leg Support.</p>		
<p>3. Insert the Side Lying Leg Support into the draw string bag.</p>		
<p>4. Pull the draw string by depressing the toggle. The bag is closed and the whole bag and Side Lyer are ready to be inserted into the washing machine.</p>		

Side Lying Leg Support

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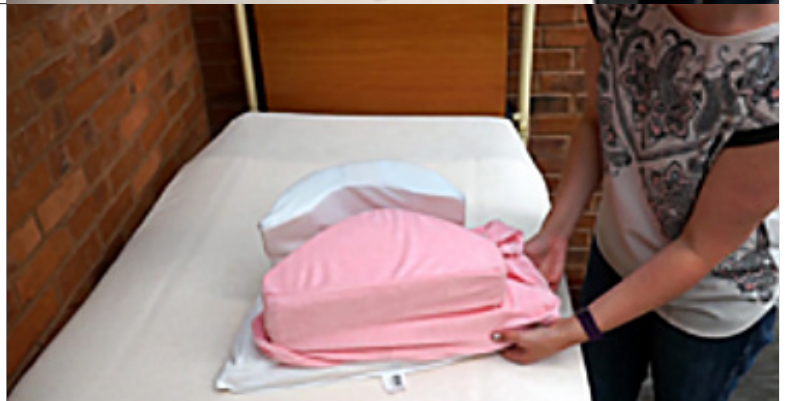
5. Insert the bag with the Side Lier directly into the washing machine. Add non bleaching washing powder and set the washing machine as per instructions.



6. Remove from washing machine and allow to dry. When applying the outer cover to the Side Lying Leg Support prepare the cover and gather it up.



7. Fit the cover over the largest leg section of the Side Lying Leg Support. Then apply the cover underneath the edge.



8. Fit the remaining part of the cover to the smaller leg section of the Side Lying Leg Support and underneath. Align the seams of the outer cover with the inner section.



9. Fasten the zip underneath the Side Lier, check there are no objects embedded in the material and it should be ready to use.



Wipeable Side Lying Leg Support

This section covers the cleaning of the wipeable inner only.

- How often should the Side Lier be washed- On soiling and enough to keep clean and fresh.
- Only household mild detergents and alcohol wipes can be used to wash the waterproof inner.
- The Wipeable Side Lier should **NOT** be washed in a washing machine or submerged in water.
- The Wipeable Side Lier can **ONLY** be air dried

2. Washing the inner section

1. Adhere to the manufacturer’s instructions at all times.	PRODUCT	SYMBOLS
	Side Liers	Wipe clean only
	WHAT DO THEY MEAN?	TEMPERATURE
	<ul style="list-style-type: none"> • Wipe clean only • Do not bleach • Do not iron • Do not tumble dry • Do not machine wash • Do not submerge in water 	N/A

Side Lying Leg Support

INSTRUCTIONS FOR USE

2. The outer cover has been removed from the Side Lying Leg Support. The care giver is now able to clean the wipeable surface, using warm soapy water with a mild detergent or alcohol wipes.



3. When applying the outer cover to the Side Lying Leg Support prepare the cover and gather it up.



4. Fit the cover over the largest leg section of the Side Lying Leg Support. Then apply the cover underneath the edge.



5. Fit the remaining part of the cover to the smaller leg section of the Side Lying Leg Support and underneath. Align the seams of the outer cover with the inner section.



6. Fasten the zip underneath the Side Lier, check there are no objects embedded in the material and it should be ready to use.



11. Maintenance instructions

- Check that the seams are intact before use visually inspect.
- Check that the integrity of the inner section has not been comprised. This will be evident when removing the outer cover.
- Check before every use that there are no objects within the side lying leg 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

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

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

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 Side Lying Leg Support is designed to support the legs when a person is in side lying.
- The Side Lying Leg Support is made of a specialized fibre material that wicks moisture away from the body.
- The Side Lying Leg Support is also available in a wipe able material and the care of this product is different to the fully washable product.
- The Side Lying Leg Support may be used alongside another support, this is to be determined by the qualified and registered health professional.
- The Side Lying Leg Support can be used on a foam, low air loss or an airflow mattress.
- The Side Lying Leg support can be positioned either directly on the cotton sheet or between the mesh sheets. This will be determined by the qualified registered health professional.
- 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.

! CAUTION

The Side Lying Leg Support, mattress and sheets should be free of objects and creases.

1. Any objects trapped in the side lying leg 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 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. Foot Supports
4. Stabilizing Flat Mesh Base System	12. Padded Brackets
5. Stabilizing Fitted Mesh Base System	12. Neck Pillow
6. Lateral Supports and Padded Covers	13. Sausage Pillow
7. Lateral Supports and Padded Covers with Mesh	14. Horseshoe Pillow
8. Plastazote Wedges	15. Temperature Regulating Pillow