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HME

LIFT & SLING GUIDE

CREATED FOR HEALTHCARE PROFESSIONALS

HME Home Health's Lift & Sling Guide



Welcome to the HME Lift and Sling Guide

Assisting patients with limited mobility can be challenging without the right equipment. This guide helps healthcare professionals select appropriate **track systems**, **motors**, and **slings**, providing practical tips tailored to patient needs and home environments.

We also cover essential maintenance and safety steps, including:

- Annual load testing
- Sling integrity checks
- Motor Inspections

These are crucial for safe equipment operation. When choosing a **track system**, consider the home layout and the patient's goals. The **motor** should meet care requirements, and selecting the right **sling** is vital for comfort and safety during daily activities.

Remember, proper equipment and training enhance care quality and rehabilitation outcomes. This guide is not a substitute for a full client assessment; always consult a qualified therapist to ensure the equipment meets specific needs.

A well-designed lifting system improves patient safety and reduces injury risks for caregivers. Welcome to the HME Lift and Sling Guide—your partner in informed decision-making.

Step 1: Selecting a Track System



How to Select the Best Track System for Your Mobility Needs

Here is a comparison chart of the different types of track systems to help you evaluate your options. Each system comes with its own set of advantages and other considerations. If you're considering a ceiling track system but are unsure which system is right for you, HME Home Health offers trained installers and sales representatives who can also assist in assessing your space and finding the most suitable solution while working with your qualified therapist.

With a range of options available—from **free-standing portable lifts** to **ceiling-mounted systems** with straight or curved tracks—the first step is to seek expert advice. This will ensure you select the track system that provides optimal mobility and safety for your home.

Step 1: Selecting a Track System

TYPE OF LIFT	BENEFITS	OTHER CONSIDERATIONS
<p><input type="checkbox"/> Free-Standing Portable Lift</p> 	<ul style="list-style-type: none"> • Portable and easy to move between rooms or homes. • No permanent setup; easily dismantled after use. • Lightweight and easy to setup. • Height and length adjustable. • Weight Capacity: 400 lbs. 	<ul style="list-style-type: none"> • Occupies floor space due to the stand's legs. • May not be suitable for smaller rooms. • More noticeable and intrusive than ceiling-mounted options. • 9-10 feet high
<p><input type="checkbox"/> Straight Track System</p> 	<ul style="list-style-type: none"> • Fixed track system mounted on the ceiling, wall brackets, or wall posts saving floor space. • Great for bed-to-chair transfers • Can be installed at an angle suitable for transfers. • Weight Capacity: 400 lbs. 	<ul style="list-style-type: none"> • Only provides coverage for specific areas (e.g., bed to chair). • May be more challenging to reposition a user while in bed. • Installation costs
<p><input type="checkbox"/> XY Gantry Track System</p> 	<ul style="list-style-type: none"> • Fixed track system mounted on the ceiling, wall brackets, or wall posts saving floor space. • Allows for full-room coverage with movement along both X and Y axes • Less noticeable in the room and allows for multiple transfer points. • Weight Capacity: 400 lbs. 	<ul style="list-style-type: none"> • Requires structural modifications for installation. • Fixed to the ceiling or wall; not movable • Installation costs
<p><input type="checkbox"/> Curved Track System</p> 	<ul style="list-style-type: none"> • Can be configured for wide or narrow turns allowing flexibility to navigate obstacles like walls and door frames. • Allows for full-room coverage • Weight Capacity: 400 lbs. 	<ul style="list-style-type: none"> • Requires structural modifications for installation. • More complicated to install • Fixed to the ceiling; not movable • Installation costs

Step 2: Selecting a Ceiling Lift Motor





How to Select the Ceiling Lift Motor for Your Mobility Needs

When selecting a ceiling lift system, it's important to consider the type of motor that will best meet your needs. Just like the different track systems, ceiling lift motors come with their own set of advantages and other considerations. Matching the motor to the track system is crucial; for example, if you are using an Arjo track system, you must use an Arjo motor. There are two primary types of motors to consider:

- Portable Motors
- Fixed Motors.

Each type offers unique benefits and other considerations, depending on your specific requirements and usage scenarios.

Step 2: Selecting a Ceiling Lift Motor

TYPE OF MOTOR	BENEFITS	OTHER CONSIDERATIONS
<p><input type="checkbox"/> Portable Motors</p> 	<ul style="list-style-type: none"> • Ideal for temporary use and adaptable for different tracks • Can be moved between different lift systems and rooms. • Smaller in size • More economical than fixed motors • Weight Capacity: 400 lbs. 	<ul style="list-style-type: none"> • May have reduced clearance compared to fixed motors. • Needs to be plugged in to charge. • Not suitable for connected track systems. • Can be Intrusive when positioned in front of the patient during use.
<p><input type="checkbox"/> Fixed Motors</p> 	<ul style="list-style-type: none"> • Ideal for long-term or institutional use. • Charges easily in a docking station • Fixed installation provides stability for connected track systems • The carrying bar is separate from the motor, preventing the patient from facing it during sling loading. • Weight Capacity: 600 - 1000 lbs. 	<ul style="list-style-type: none"> • Not easily moved between different rooms or tracks • Higher cost

Motor Accessories and Asbestos Policy

HME Home Health offers a variety of accessories for our lift motors, including reachers, carry bars, and scales, to enhance functionality and ease of use.

For more information about these accessories, please reach out to your HME Home Health sales representative.

Additionally, we have an asbestos policy guide available for installations. Our sales reps are happy to provide more details and a copy of this guide upon request.



Step 1&2 : Checklist



Checklist for Choosing the Right Track System and Motor

- [1. Consult with a Qualified Therapist](#)
 - Discuss mobility needs and daily routines.
 - Determine if the lift is temporary or long-term.
 - Confirm weight capacity.
 - Compare track system and motor options.
- [2. Schedule an In-Home Assessment](#)
 - Arrange a FREE in-home assessment to determine the best setup.
- [3. Assess Room Layout and Space](#)
 - Identify rooms needing mobility assistance.
 - Decide if the motor will move between rooms or stay fixed.
- [Compare Motor and Track System Types](#)
 - Choose between portable or permanent track.
 - Decide on a portable or fixed motor.
 - Ensure motor compatibility with the track system.
- [5. Consider Installation Requirements](#)
 - Review structural modifications.
 - Choose systems that accommodate future mobility changes.
- [6. Request a Quotation](#)
 - Obtain a detailed quote for equipment and installation.
- [7. Finalize Installation](#)
 - Schedule installation for safe and proper setup.

Step 3: Selecting a Sling for Your Mobility Needs



How to Select the Sling for Your Mobility Needs

Selecting the right sling depends on several factors. Start by assessing the patient's mobility, physical health, and range of motion to ensure compatibility with the lift system. The type of transfer (bed-to-wheelchair, toileting, repositioning) determines specific sling features, such as commode apertures. Choose a sling that provides the appropriate level of support—full-body or partial.

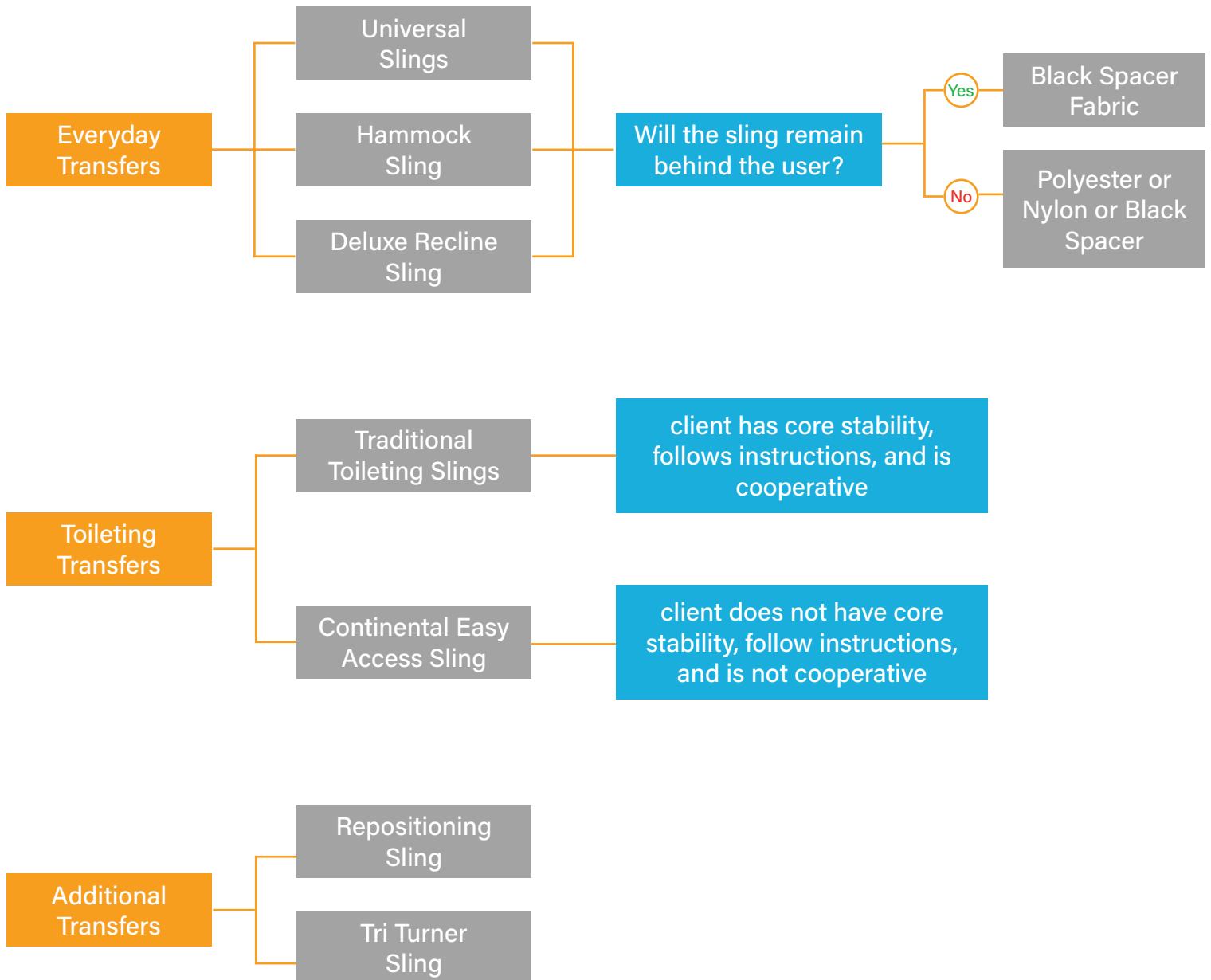
Fabric choice is key for comfort and function. Mesh is suitable for short-term use, while padded fabrics offer extra cushioning for more support. Black spacer fabric also called "in-situ" sling is ideal for long periods with a user sitting in it, as it relieves pressure, ventilates heat, and stretches for flexibility. Proper size and fit are essential, with slings available from small to bariatric sizes.

You can use slings from different manufacturers as long as they are certified for safe use with your lift system. This allows more flexibility in your choice.

For more information on basic slings and proper application, visit the HME website (www.HMEBC.com).



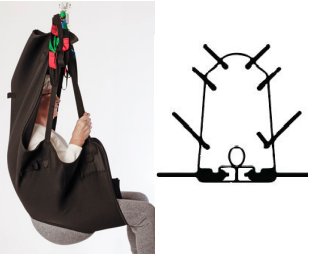

Choosing a Sling

A Simple Sling Selection Guide


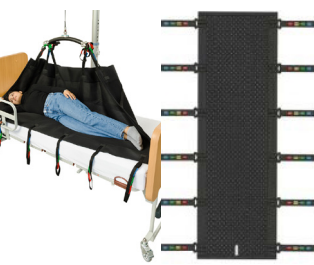



Complete full client assessment to determine the transfer goal

Step 3: Selecting a Sling

TYPE OF SLING	WHEN TO USE	WEIGHT CAPACITY	FABRIC TYPE	HEAD SUPPORT	SIZES AVAILABLE
EVERYDAY TRANSFERS					
<p><input type="checkbox"/> Universal Sling</p> 	<ul style="list-style-type: none"> Ideal for general transfers, such as bed-to-wheelchair or wheelchair-to-toilet. Provides full-body support for everyday use in various environments. 	<ul style="list-style-type: none"> 600 lbs. 	<ul style="list-style-type: none"> Mesh Padded fabric Black Spacer fabric 	<ul style="list-style-type: none"> Available 	<ul style="list-style-type: none"> Child Junior X-Small Small Medium Large X-Large Bariatric Custom
<p><input type="checkbox"/> Deluxe Recline Sling</p> 	<ul style="list-style-type: none"> Ideal for users requiring head and neck support during transfers. Suitable for users with limited upper body control and amputees. Must be applied when the patient is in bed. Does not have an aperture for toileting. 	<ul style="list-style-type: none"> Up to 800 lbs. 	<ul style="list-style-type: none"> Black Spacer fabric 	<ul style="list-style-type: none"> Available 	<ul style="list-style-type: none"> Child Junior X-Small Small Medium Large X-Large Bariatric Custom
<p><input type="checkbox"/> Deluxe Hammock Sling</p> 	<ul style="list-style-type: none"> Ideal for users with limited trunk stability needing full body support Cradles the body for optimal comfort. Suitable for transferring patients with complex needs, like below-knee amputees. 	<ul style="list-style-type: none"> 600 lbs. 	<ul style="list-style-type: none"> Mesh Padded fabric Black Spacer fabric 	<ul style="list-style-type: none"> Available 	<ul style="list-style-type: none"> Child Junior X-Small Small Medium Large X-Large Bariatric Custom
TOILETING TRANSFERS					
<p><input type="checkbox"/> Continental Easy Access Sling</p> 	<ul style="list-style-type: none"> Designed for toileting transfers Allows easy access to clothing Ensures safety and support Ideal for hygiene needs during commode transfers 	<ul style="list-style-type: none"> 440 lbs. 	<ul style="list-style-type: none"> Polyester Padded fabric 	<ul style="list-style-type: none"> Standard 	<ul style="list-style-type: none"> X-Small Small Medium Large X-Large

Step 3: Selecting a Sling

TYPE OF SLING	WHEN TO USE	WEIGHT CAPACITY	FABRIC TYPE	HEAD SUPPORT	SIZES AVAILABLE
TOILETING TRANSFERS					
<input type="checkbox"/> Toileting Sling 	<ul style="list-style-type: none"> Specifically designed for toilet transfers Features a large opening for easy access Allows for clothing adjustments Facilitates hygiene care during transfers 	<ul style="list-style-type: none"> 440 lbs. 	<ul style="list-style-type: none"> Padded fabric 	<ul style="list-style-type: none"> Available 	<ul style="list-style-type: none"> Small Medium Large X-Large Bariatric
ADDITIONAL TRANSFERS					
<input type="checkbox"/> HME Signature Series Positioning Sling 	<ul style="list-style-type: none"> Primarily for repositioning users in bed Ideal for turning or adjusting positions Minimizes caregiver strain Suitable for patients that need frequent repositioning 	<ul style="list-style-type: none"> 600lbs. 	<ul style="list-style-type: none"> Mesh Reinforced polyester Black Spacer fabric 	<ul style="list-style-type: none"> Not Applicable 	<ul style="list-style-type: none"> One Size
<input type="checkbox"/> Tri Turner Sling 	<ul style="list-style-type: none"> Specialized for rotating and turning patients in bed Helps prevent bedsores Improves circulation Does not require lifting the whole body 	<ul style="list-style-type: none"> 500 lbs. 	<ul style="list-style-type: none"> Reinforced mesh 	<ul style="list-style-type: none"> Not Applicable 	<ul style="list-style-type: none"> Small Medium Large Bariatric

For sling application directions, visit HMEBC.COM or scan the QR code to view the directions for each sling



Step 3: Checklist

Steps to Choose the Right Sling

- For clients seated in a sling all day, black spacer fabric is ideal
- Slings from brands like High Star or Silvalea are compatible, but ensure the sling style suits the patient's needs. For safety and performance, the track and motor should come from the same manufacturer.
- Connect with an HME representative to schedule an in-home demo and explore our wide selection of trial slings.



- 1. Qualified professional to assess mobility and physical condition.
 - Evaluate the patient's mobility level, physical condition, and range of motion.
- 2. Identify the Type of Transfer
 - Determine the type of transfers needed
 - Every day transfer: bed-to-wheelchair
 - Transfer for toileting: bed-to-commode/toilet
 - Other: such as repositioning, turning
 - Choose a sling that supports the specific task by using the [Simple Sling Selection Guide](#)
- 3. Consider if your patient requires head support
 - Head support
 - No head support
- 4. Choose the Right Fabric
 - Black spacer fabric
 - Benefits: Redistributes pressure, can be left behind a patient in a wheelchair, stretches to mold to the patient's body, moisture wicking, quick drying
 - Mesh
 - Other
- 5. Select the Correct Size
 - Choose the sling size based on the patient's body type, weight, and sizing chart
- 6. Test for Fit and Comfort
 - If possible, try different slings to evaluate comfort, fit, and function
- 7. Evaluate Caregiver Experience and Need for education
 - Does the caregiver/family/health care team need education?

Sling Sizing Guide



HighStar Sling Size Guide

Size	Height	Weight
Child	<4	<55 lbs
Junior	<4	<110 lbs
Small	4' -5'6"	95-150 lbs
Medium	5'6"	150-240 lbs
Large	5'6" -7'	240-350 lbs
X-Large	5'6" -7'	350-450lbs
XX-Large	>6'5"	> 400 lbs

HighStar Safe Working Load Chart

Model	Material	Size	SWL
Hammock & Universal	Woven, Quilted & Mesh	Ch/Jr	450 lbs
		S/M/L	650 lbs.
		XL/XXL	1000 lbs
	Spacer	Ch/Jr	450 lbs
		S/M/L	650 lbs
		XL/XXL	850 lbs
Deluxe Hammock & Deluxe Recline	Spacer	Ch/Jr	450 lbs
		S/M/L	650 lbs.
		XL/XXL	800 lbs
Hygiene	Woven	Ch/Jr	450 lbs
		S/M/L	650 lbs.
		XL/XXL	1000 lbs
Positioning	Spacer & Woven	One Size	1000 lbs

HME Home Health offers free in-home assessments by qualified ceiling lift consultants and technicians to find the best lift system and sling for your needs. Your representative will also be available to answer any questions during the process.

What is the Best Way to wash Slings

Manufacturer's instructions vary. Always follow the washing instructions on the sling's label. In general;

- Use mild detergent, no chlorine based bleach
- Wash in warm water (temperatures not to exceed 90°C/176°F)
- Rinse in cold
- Tumble dry (cold) or hang to dry
- Do not dry clean
- Do not iron
- Wash inside a laundry bag for longer-lasting sling

Routine Maintenance And Safety Check For Lifting Systems



1. Sling Integrity Check

- Perform a thorough sling integrity check every 6 months, as per the manufacturer's recommendations, to ensure the sling is safe and in good condition.
- Intact, legible label
- No visible damage to the body of the sling, leg bands, straps
- Manufacturers recommend replacing slings every 3 years or sooner
- Altering slings voids the warranty. Contact your HME sales representative for a custom sling.

2. Annual Load Testing

- Load testing must be conducted annually by a certified technician to verify the system's weight capacity.
- A new weight capacity sticker with the latest test date will be applied after each test.

3. Motor Inspection

- Have the motor checked annually, following the manufacturer's guidelines, to ensure proper functionality and safety.

For further assistance and information, consult your HME Sales Representative to ensure your system is maintained according to the latest standards.

Sling Integrity Checklist

Please follow these instructions every 6 months:

- Lay sling out on a flat surface so that all areas of the sling are visible.
- Check all loops at connection points for fraying by twisting and pulling them with your fingers.
- Inspect the entire sling for fraying or loose stitching.
- Check the body of the sling for any breaches in integrity, such as rips or holes
- Check for signs of bleach exposure, such as fading or damaged labels. Reject any sling washed with bleach.
- Check the sling for heat damage, such as overall shrinkage or scrunching in the padded leg section, and a brittle feel or damaged labels elsewhere.
- Check the sling for excessive staining, which may indicate chemical exposure, beyond normal use by an incontinent patient.
- Any sling that fails inspection in any of the areas above must be removed from service. If there's any doubt about the sling's safety, also remove it from service.

Sling Integrity Checklist Inspection:

- Sling ID (sling model, model #, serial #): _____
- Inspected by (name and position): _____

SAMPLE

Please use (insert check mark) to indicate if statement is accurate						Please use X to indicate if statement is not accurate			
Date	ID Label Present	ID Label Legible	ID Label Intact	No Visible damage to body of sling	No visible damage to leg bands	No damage to straps	No damage to loops	Comments	Pass/Fail
Jan__									
Feb__									
Mar__									
Apr__									
May__									
June__									
July__									
August__									
Sept									
Oct__									
Nov__									
Dec__									

**** Manufacturers recommend discontinuing use of any sling that fails inspection or appears questionable. A sling fails if the label or serial number is unreadable, The typical sling lifespan is 3-5 years, per manufacturer guidelines.for your sling.**

Frequently Asked Questions



Can I alter my sling?

It is not recommended to alter the sling, so please contact your HME sales representative to coordinate any customizations or changes to your sling order. If your sling is altered, the warranty will be voided.

Can slings be shared between residents/patients?

For infection control purposes, it is recommended that each resident/patient have their own sling.

Can a resident/patient sit in a sling all day?

This depends on the assessment performed by your qualified therapist. Residents that are sitting in a sling all day are encouraged to use black spacer fabric.

Why are black spacer slings recommended instead of mesh or polyester options?

Spacer fabric creates a ventilated layer of air, allowing the heat and moisture to escape. With a slight stretch, the material can mould to the user's body resulting in less pressure (proven through pressure mapping results).

How can I decide on the best ceiling lift system for my client?

HME has both qualified ceiling lift representatives and technicians that will conduct a free in-home assessment to determine which lift system and sling combination would best suit your needs. Throughout this process, your ceiling lift representative will be available to answer any additional questions you may have.

Patient Lift Purchase Process

STEP 1

FREE IN-HOME/FACILITY ASSESSMENT

At your convenience, one of our HME ceiling lift specialists will meet with you at your home to evaluate both your home or facility and accessibility needs to find the best ceiling lift option for you. We also have ceiling lift demos for you to try at all our showrooms for you to see in person and test out!



STEP 2

QUOTATION

Once your home/facility is assessed and needs are addressed, our HME ceiling lift specialist will provide you with a quotation and any necessary literature to ensure you have all of the information you may need when deciding on your ceiling lift purchase.



STEP 3

INSTALLATION

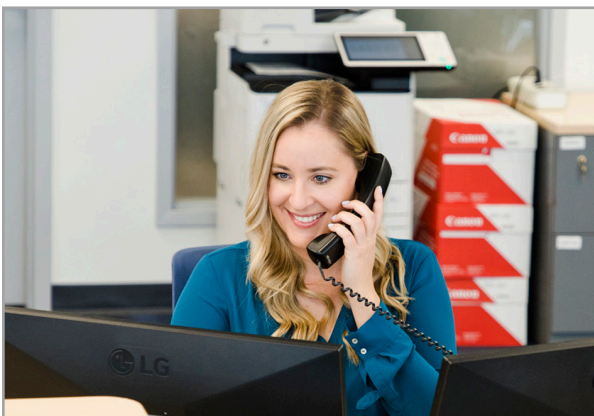
HME will work within your schedule to ensure your ceiling lift will be installed promptly. HME's internal technician team will take on every install to guarantee a proper install of your ceiling lift and to answer any additional questions you may have.



STEP 4

AFTERMARKET CARE

Once you make your investment in a ceiling lift, HME is here to help with warranty work as well as maintenance! With a team of skilled elevating technicians, HME works with you to ensure your that unit is well cared for and fully operating.





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