

# Sling Sizing Guide

For a transfer with a stationary or mobile lift to be as safe and comfortable as possible, it is very important that the lifting sling is the right size and that the model is appropriate for the particular user and lifting situation. To determine which model, size and material are most suitable for the individual user, individual trial fitting is always necessary.

This guide aims to give you an idea of the size you require. A full evaluation and risk assessment should be carried out by a qualified person.

## Taking the Measurements

Using a soft measuring tape take and record the measurements as below:

- **Girth:** For men and children this is the measurement around the chest measured just under the arms or for women around the hips, this measurement can be done lying down or in a seated position.
- **Height:** For accuracy this is best carried out with the patient in a lying position, if measured in sections i.e. nape of neck to coccyx and coccyx to back of knee etc, the resulting measurements almost always end up with the patient being taller than they actually are.

Once the girth and height is known look to the chart for the sling size that closely matches the measurement taken. If in doubt seek advice from your clinician or call our customer services team on 0845 0600 333.

*Please Note: This is a guide only.*



STANDARD SLING RANGE			
GIRTH	HEIGHT	SLING SIZE	
27" - 36" 68cm - 91cm	4' 3" - 4' 11" 129cm - 150cm	SMALL	RED
31" - 41" 79cm - 104cm	4' 10" - 5' 6" 147cm - 168cm	MEDIUM	YELLOW
40" - 51" 102cm - 129cm	5' 5" - 5' 10" 165cm - 178cm	LARGE	GREEN
49" - 59" 124cm - 150cm	5' 7" - 6' 170cm - 183cm	X LARGE	BLUE