

## Bed positioning devices usage guidelines

Postural Innovations products are intended for use by people who have difficulties maintaining appropriate posture. It is important the products supplied are used in the correct manner and combination. Failure to position devices properly may lead to other postural or pressure issues. Below is an outline for correct use. Always follow the prescribing therapist's individualised guidelines (where available).

### T block

The device should be positioned under the knees with the upright block positioned centrally between the knees.



### F block

The device should be positioned under the knees with the outer upright block on the side the lower limbs move toward and the middle upright block between the knees.



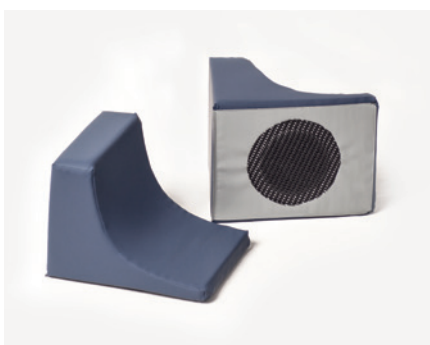
### E block

The device should be positioned under the knees with the user's legs between the upright blocks.



### Curved supports

These devices are primarily used to support the trunk in lying and sitting. The non-slip base should be positioned on the supporting surface and the curved edge contoured to the rib cage or other limb, as prescribed by your therapist. The device should not be positioned too close to the axilla / arm pit to prevent potential injury.



### Modular side lying support system

The modular side lying support system can be used in a full or 30 degree side lying position as recommended by your therapist. A full side lying position typically involves having the upright sections of the wedges against the user's back. Curved support wedges may be prescribed to provide additional stability.

A 30 degree side lying position typically involves two wedges positioned with a shallow angle behind the user's back and one under the bottommost knee. It is extremely important any vinyl or non-slip section is positioned on the bed.



### Side sleeper and H block

The side sleeper and H block leg support devices are typically used between the thighs to promote stability and off-load pressure between the knees.

### Custom designed devices

Custom devices are designed for specific individuals and should not be shared between users. Refer to the treating therapist's guidelines in all instances.

## Risks associated with using equipment to assist positioning in bed

Some individuals have an increased risk of aspiration and apnoea when lying on their back. Medical clearance should be sought for any individual at risk of these symptoms as these products may be contraindicated. If medical clearance is provided and the symptoms still exist, close monitoring of the individual is recommended.

Incorrect or inappropriate use of any positioning device may lead to the

development of personal injury such as: pressure related injury, entrapment, asphyxia and potential death. All products should be used as intended or as prescribed by your health professional and reviewed regularly.

If an incorrect device is used, the individual's posture has changed, the individual has grown or significantly changed weight, there is a risk of further postural complications or personal injury occurring.

It is recommended devices be reviewed by a health professional at least once every 12 months, or more frequently as appropriate.

Remaining in any position for too long can become uncomfortable and increase an individual's risk of personal injury.



## Recommendations for safe use of bed positioning devices

If an individual requires assistance to position a device then safe manual handling practices should be employed.

Always follow the individual recommendations of the treating health professional.

## Care instructions

To care for your Postural Innovations bed positioning device:

- Treat stains promptly.
- Surface wash with warm soapy water up to 95°C.
- Do not wash in washing machine.
- Do not bleach or use harsh abrasive or acid based cleaners.
- Use regular infection control procedures for use between individuals (in line with above).
- Dry before storage.
- Avoid storing items on top of devices as this may affect the integrity of the foam.
- Avoid storing items in extreme temperatures.
- Check regularly for any damage such as fabric tears.



## Australian made

Postural Innovations products are proudly designed and manufactured in Australia.

## Disclaimer

Postural Innovations products are prescribed on an individual basis and should be used in accordance with these guidelines and the instructions of the prescribing therapist. Use of the product other than in accordance with these guidelines and the prescribing therapist's instructions may result in personal injury and damage to the product.

## Simple Stuff Works

Postural Innovations are the Australian distributor of Simple Stuff Works products. For care instructions and further information on the Simple Stuff Works range, visit [www.simplestuffworks.co.uk](http://www.simplestuffworks.co.uk)



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