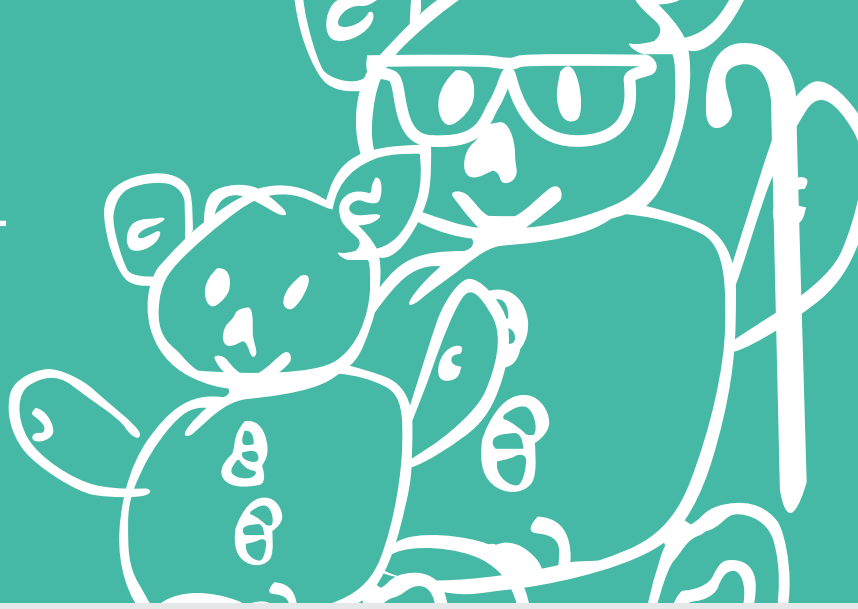


Supine Stabilizer

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

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Product Info

The product in this specific manual is the **Supine Stabilizer** 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 :

2. Table of Contents

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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 Supine Stabilizer 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 Supine Stabilizer 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 Supine Stabilizer and sheets should be free of objects.

1. Any objects trapped in the Supine Stabilizer, 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 supine stabilizer placing the patient at risk.
2. Fully read the accompanying cleaning and care document.
3. Do not use the Supine Stabilizer 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 taken of the needs, safety and movement of the individual.
- The exact positioning and use of the Supine Stabilizer will be determined by the qualified registered health professional.
- The Supine Stabilizer supports the legs to be aligned therapeutically, from a habitual, unsupported or destructive position. Below are a few examples of postures:
- 'Wind sweeping' to the right or left.
- Both hips internally rotating.
- Both hips externally rotating.
- For individuals of all ages during immobilization after surgery, the legs can be aligned therapeutically, to avoid contractures.
- The Supine Stabilizer has a cotton mix terry towelling cover and is filled with a specialized fibre that wicks moisture away from the body, therefore it may be placed next to the skin.
- Some of the benefits of using the Supine Stabilizer may be:

Supine Stabilizer

INSTRUCTIONS FOR USE

- Reduced pain	- Improved comfort	- Improved sleep
- Improved balance	- 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 Supine Stabilizer is made to align the various parts of the body. It can be used in conjunction with other supports to raise or support it. The material is made of a cotton mix fibre and wicks 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.
- If the Supine Stabilizer is moved by the force of the patient's body movements, reposition and consider if another type of support is required.
- 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 Supine Stabilizer should always be used and positioned as advised by the qualified registered health professional.
- The Supine Stabilizer should only be used by the patient it is intended for.
- The Supine Stabilizer 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. Supine Stabilizer.
2. Appropriate mesh base system.
3. Appropriate other support as assessed by the qualified and registered health professional.
4. Cotton mix sheet.

No tools required for set up

Device placement

1. The care giver to ensure that there are no objects inside the Supine Stabilizer.
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 Supine Stabilizer may not hold the patient's body in position.

1. Contact your registered health professional if the patient's condition has changed.
2. Contact your supplier for a reassessment - additional support may be required.

! CAUTION

The Supine Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped within, between, underneath, or on top of the Supine Stabilizer 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 supine stabilizer.

For assistance with set up issues refer to the corresponding video and to page 1 for our contact details.

8. Check out procedures

- Ensure the Supine Stabilizer is intact and contact your supplier for a replacement and advice if required.
- Prior to each use visually check and feel the Supine Stabilizer and base sheets are free from objects and creases.
- Smooth out any creases and remove objects from the Supine Stabilizer 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 Supine Stabilizer may not hold the patient's body in position.

1. Contact your registered health professional if the patient's condition has changed.
2. Contact your supplier for a reassessment, an additional support may be required.

! CAUTION

The Supine Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped within the Supine Stabilizer, 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 supine stabilizer and smooth the sheets to check for unwanted objects and creases

1. Prepare the patient, the bed and mattress prior to placing the Supine Stabilizer. The Stabilizer can be placed in a variety of positions as advised by the qualified and registered health professional.



2. Open up both arms of the Stabilizer. 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. Bring the Stabilizer arms together and move the Stabilizer in towards the patient. Each leg has to be passed through the leg sections. Move the Stabilizer into the correct position.



4. Bring each of the arms together so they are connected again. The Stabilizer is made from specialized fibre, that wicks sweat away from the body. The Supine Stabilizer is very pliable and easily moves into position.



5. To secure the Stabilizer fasten the large band around the top sections at each side of the stabilizer. This will secure the person's legs in the Stabilizer. Anyone with a **latex allergy** may wish to consider an alternative method of securing the Stabilizer.



6. The second elastic band is applied to the arm of the Stabilizer. This secures the Stabilizer in position.



7. Demonstrating a horseshoe pillow underneath the Supine Stabilizer.



8. The Supine Stabilizer is placed on top of the sheet and supported by a Lateral Support and Padded Cover at the side.



9. The positioning of the Supine Stabilizer on top of the Base Layers. Between the Mesh Sheets there is a Horseshoe Pillow, which is supported by a Lateral Support and Padded Cover.



10. The Supine Stabilizer, Horseshoe Pillow and Lateral Padded support are held in position, by securing the Cotton Sheet under the mattress.



11. An example of a smaller child using a Supine Stabilizer.





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 Supine Stabilizer is a fully washable product.

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

Washing the Supine Stabilizer whole

1. Adhere to the manufacturer’s instructions at all times.	PRODUCT	SYMBOLS
	Supine Stabilizer	
	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 style="text-align: center;">40°C Maximum</p>
2. Fasten the arms of the Supine Stabilizer together prior to inserting it into its wash bag.		

<p>3. Insert the Supine Stabilizer into its net wash bag whole.</p>	
<p>4. Insert the Supine Stabilizer directly into the washing machine. Add non bleaching washing powder and set the washing machine as per instructions.</p>	
<p>5. Remove from the washing machine, allow the whole product to air dry or tumble dry on a low heat.</p>	

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>Supine Stabilizer</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>

2. Remove the cover from the Supine Stabilizer.



3. Insert the Supine Stabilizer into the draw string wash bag.



4. Pull the draw string by depressing the toggle. The bag is closed and the whole bag and Supine Stabilizer are ready to be inserted into the washing machine.



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



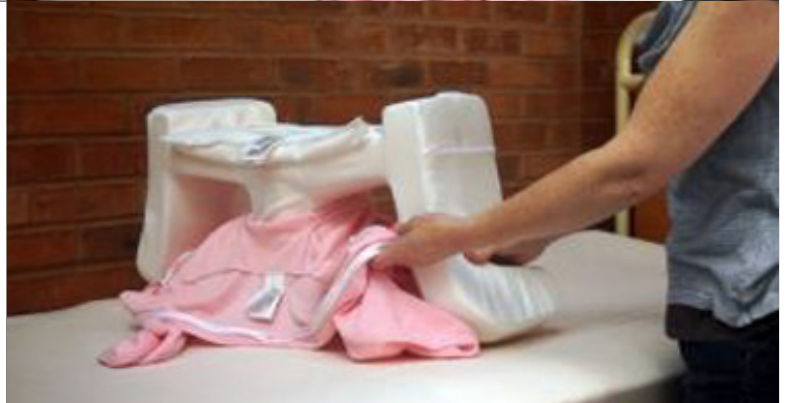
6. Remove from washing machine air dry or tumble dry on a low heat.



7. When applying the outer cover to the Supine Stabilizer prepare the cover by placing the cover over the top of the stabilizer, to establish where the cover needs to be when inserted. Gather the cover up.



8. Fit the cover over the top middle section. Then turn the Supine Stabilizer over as required.



9. Turn the Supine Stabilizer over and fit the arms. Ensure the seams are aligned with the inner section. Apply the rest of the outer cover to the base of the Supine Stabilizer.



10. Fasten the zip. This is underneath of the Supine Stabilizer. Then check there are no objects embedded in the material and it should be ready to use.



Wipeable Supine Stabilizer

This section covers the cleaning of the wipeable inner only.

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

Washing the inner section

1. Adhere to the manufacturer’s instructions at all times.	PRODUCT	SYMBOLS
	Supine Stabilizer	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

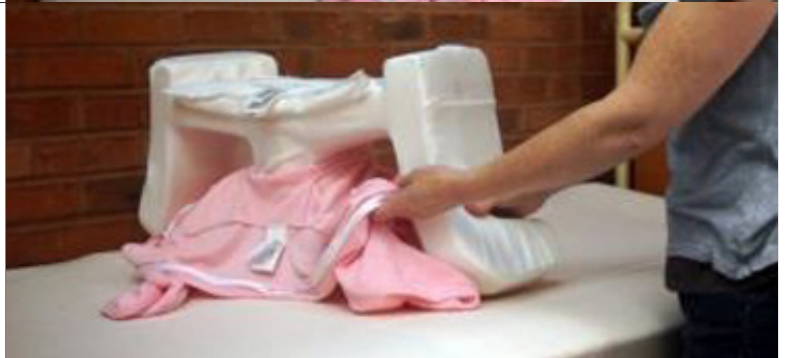
2. The outer cover has been removed from the Supine Stabilizer. The care giver is now able to clean the outer surface, using warm soapy water with a mild detergent or alcohol wipes.



3. When applying the outer cover to the Supine Stabilizer prepare the cover by placing the cover over the top of the Stabilizer, to establish where the cover needs to be when inserted. Gather the cover up.



4. Fit the cover over the top middle section. Then turn the Supine Stabilizer over as required.



5. Turn the Supine Stabilizer over and fit the arms. Ensure the seams are aligned with the inner section. Apply the rest on the outer cover to the base of the Supine Stabilizer.



6. Fasten the zip. This is underneath of the Supine Stabilizer. Check there are no objects embedded in the material. Align the seams of the outer cover up with the inner section 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 Supine Stabilizer has not been comprised.
- Check before every use that there are no objects that are within the Supine Stabilizer, 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 Supine Stabilizer, under, between or on top of the layers.	2. Ensure that the Supine Stabilizer, 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 Supine Stabilizer, 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 Supine Stabilizer. Contact your supplier for a replacement see page 1.
5. If the material gets damaged or torn.	5. Comply with the Supine Stabilizer washing, drying 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 Supine Stabilizer is designed to support the legs in a neutral, slightly abducted position.
- The Supine Stabilizer is made of a specialized fibre material that wicks moisture away from the body.
- The Supine Stabilizer may be used alongside another support in a position determined by the qualified and registered health professional.
- The Supine Stabilizer can be used on a foam, low air loss or an airflow mattress.
- 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 Supine Stabilizer, mattress and sheets should be free of objects and creases.

1. Any objects trapped in the Supine Stabilizer, 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	8. Plastazote Wedges
2. Fibre Wedges	9. Fitted Cotton Sheet
3. Fibre Wedges with Mesh	10. Flat Cotton Sheet
4. Stabilizing Flat Mesh Base System	11. Foot Supports
5. Stabilizing Fitted Mesh Base System	12. Neck Pillow
6. Lateral Supports and Padded Wedges	13. Sausage Pillow
7. Lateral Supports and Padded Wedge with Mesh	14. Temperature Regulating Pillow
	15. Horseshoe Pillow