

## Product Description

Solo RepoSheet has been specially developed by Liko to facilitate transfers of a patient in bed. It is an excellent aid for repositioning further up in bed and during turning in beds using a lift and with minimal body strain for the caregivers.

Transfers can be carried out with the help of one person but we recommend that there are two caregivers which is time-saving and a comfortable way to work.

Solo RepoSheet can be used in combination with, or instead of ordinary bed sheets.

Solo RepoSheet is intended for short-term use by one individual patient. It should be disposed when it becomes soiled or when the patient no longer needs it.

Two models are available; **Short**, for lifting up to 200 kg (440 lbs.), and **Generous**, for lifting up to 300 kg (660 lbs.). Solo RepoSheet Generous have a separate Instruction Guide.

There are also RepoSheet models for long-term use in Liko's product range.

△ If it is necessary to transfer a patient between two horizontal surfaces sufficient lift straps are used to ensure that the patient has enough support under the body to be lifted safely during the transfer. Also, make sure that strap loops do not become stuck anywhere during the transfer.

Solo RepoSheet works best in combination with overhead lifts. We recommend Likorall or Multirall. See final page for recommended sling bars.

△ Solo RepoSheet is **not** intended for lifting or transfers from lying to sitting positions. For such needs, we recommend lifting with one of our many sling models.

*In this document, the person being lifted is referred to as the patient and the person helping them is referred to as the caregiver.*

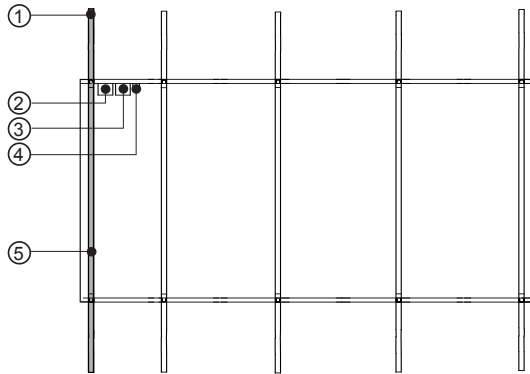
△ is a warning triangle used for situations that demand extra care and attention.


### **IMPORTANT!**

Lifting and transferring a patient always involves a certain level of risk. Read the instruction guide for both the patient lift and lifting accessories before use. It is important to completely understand the contents of the instruction guide. The equipment should only be used by trained personnel. Ensure that the lifting accessories are suitable for the lift used. Exercise care and caution during use. As a caregiver, you are always responsible for the patient's safety. You must be aware of the patient's ability to make it through the lifting situation. If something is unclear, contact the manufacturer or supplier. Instruction guides can be downloaded free of charge at [www.liko.com](http://www.liko.com).

# User Description

## Definitions

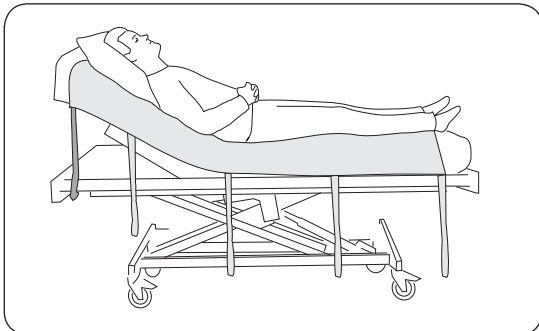


1. Strap loops
2. Product label
3. Caution label: Do not wash 
4. Year/month of production
5. Lift strap (with different colour at the head end)

### △ Before lifting, remember the following!

- A responsible person within your organization should decide on a case-by-case basis whether one or more caregivers are needed.
- Plan the lifting operation before the lift to make it as safe and convenient as possible.
- Before lifting, check that the lifting accessory hangs vertically and can move freely.
- Although Liko's sling bars are equipped with latches, special caution must be exercised:  
Before the patient is lifted from the underlying surface, but after the straps have been fully extended, make sure the strap loops are properly connected to the sling bar.
- Never lift a patient higher off the underlying surface than is needed to complete the lifting and transfer procedure.
- Never leave a patient unattended during a lifting situation.
- The wheels on the bed must be locked during lifting/transfer operation, the recommendation applies in particular when turning patients.
- Put the bed rails up during turning, particularly if only one caregiver carries out the procedure.
- Make sure that the RepoSheet's unconnected strap loops do not become stuck, for example, in the bed during use.
- During transfers, the caregivers should hold on to the sling bar and/or support the patient from underneath. Avoid pulling the lift straps as that can damage the RepoSheet.

## Positioning of Solo RepoSheet Short

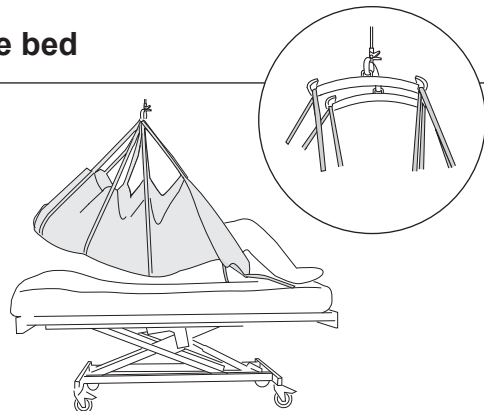
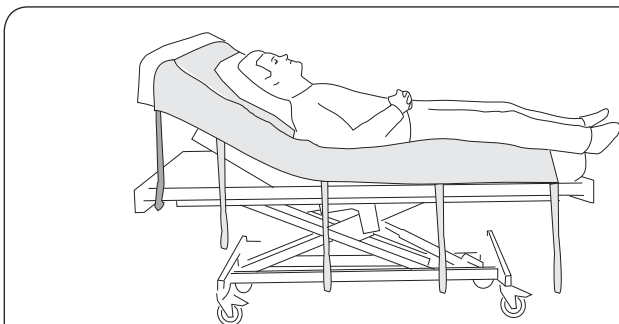


Place Solo RepoSheet Short centrally on the bed with the head end of the sheet approx. 10 cm (3.9 inch.) from the edge of the mattress. Note that the lift strap at the head end has a different colour. Solo RepoSheet should be placed like this the first time it is used or when it is time to change the bedding.

The first time Solo RepoSheet is put in place on the bed, it is easiest to lift the patient from the bed in a sling, for example, Soft Original High Back Sling, Model 26.

Each new time Solo RepoSheet Short is put in place means repositioning 2-3 times further up in the bed before it is time to change the bedding.

## Lifting further up in the bed



**Connect the strap loops:** Connect the strap loops to each side of the sling bar. Use the lift straps that lift the head and all the lift straps that lift the body down to the hollow of the knees (3-4 pairs of straps is usual). △ Lifting with the lift straps under the hollow of the knees can cause over-extension of the knee-joint. When it is also necessary to lift the calves, (for example when transferring between two beds) particular care must be taken so that over-extension of the knee-joints does not occur.

**Lifting:** Lift so that the patient is free of the mattress and can be moved up to the desired position in the bed. During repositioning, the caregivers should hold on to the sling bar and/or support the patient from the underneath. **Do not pull the lift straps!** Lower, disconnect and smooth out the Solo RepoSheet.

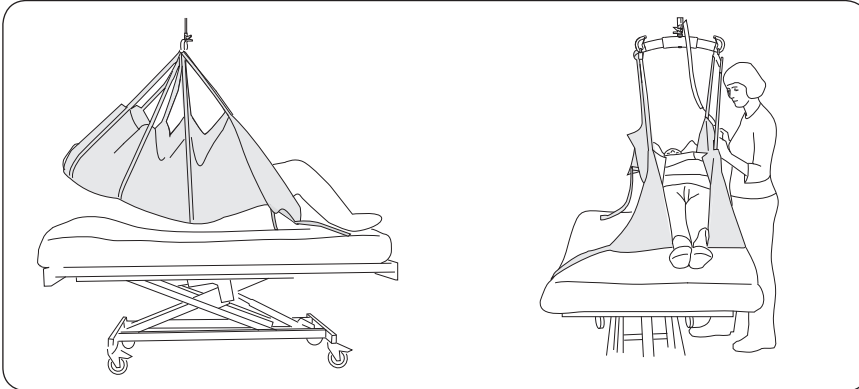
**Alternative:** In some cases, particularly if you want to lift the patient in as a straight position as possible, it may be better to use Side Bars and distribute the strap loops on the Side Bar's hooks instead, see the small illustration (although not during the "turning" operation when only one side of the Solo RepoSheet's lift straps are carrying weight).

## Turning in bed

Turning a patient in bed can be done with the assistance of one person but we recommend that there are two caregivers which is time saving and a comfortable way to work.

△ Use of bed rails is recommended, particularly in situations where only one caregiver is carrying out the procedure.

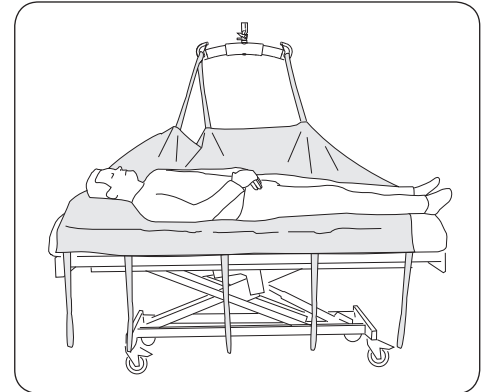
### Preparations for turning:



1. Before turning can take place the patient must first be moved to one side of the bed. Connect the necessary number of lift straps according to the description at the end of page 2. Lift the patient high enough to clear the bed surface.

2. Move the patient to one side of the bed, lower onto the mattress.

### Turning:



1. Disconnect the strap loops from the side of the sling bar which is closest to the middle of the bed. If Side Bars are used, these should be removed. Connect 3-4 strap loops to the hooks on the sling bar when it is hanging parallel to the bed.



2. Place the patient in such a way that turning is made easy: arms over the side, one leg over the other. △ Lift carefully so that the patient is turned to the side with the help of the lift without tipping forward.

3. Adjust the patient's body position to one which is comfortable and place pillows to support (behind the back, between the knees, under the head). Lower the sling bar and disconnect the strap loops. Smooth out the sheet.

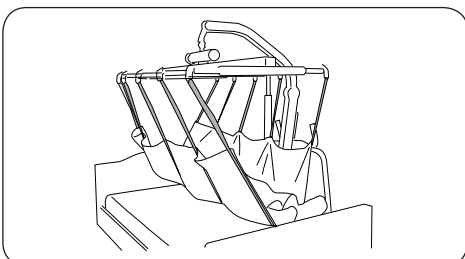
When the patient is to be moved from the side position onto a supine position carry out the procedure in reverse order: remove pillows, lower lift, connect the strap loops, lift and move the patient to the middle of the bed, etc.

## Changing Solo RepoSheet

The easiest way to change Solo RepoSheet is to lift the patient in a Solo RepoSheet while fitting the bed with a new one. After lowering, the first sheet can be removed when the patient is turned to the side, preferable with the assistance of the new RepoSheet and the lift.

If Solo RepoSheet is used for lifting further up in the bed it is practical to have two or more sheets to change between.

## Alternative Areas of Use



Solo RepoSheet in combination with Liko FlexoStretch or Liko UltraStretch can be used for lifting and transferring a patient in a horizontal position. The lift straps on the RepoSheet's head end is connected to the hooks on the stretchers head end. The remaining lift straps is distributed on the other hooks, see illustration.

# Overview, Solo RepoSheet Short

| Name           | Model | Prod. No. | Dimensions              | Maximum load <sup>1</sup> |
|----------------|-------|-----------|-------------------------|---------------------------|
| Solo RepoSheet | Short | 36871003  | 180x110 cm (71x43 inch) | 200 kg (440 lbs.)         |

<sup>1</sup> For retained maximum load, lift/accessories intended for the same load or more are required.

**Material:** 50 % cotton and 50 % polyester

**Accessories:** Universal SideBars, pair. Prod. No. 3156079

## Care and Maintenance

△ Solo RepoSheet is a disposable item that is intended for individual use only. Write the patient's name on the product label which is on the back side of the sheet.

Solo RepoSheet should no longer be used:

- when it is soiled or if it is suspected of being contaminated
- if it is damaged
- when the patient no longer requires it.

Dispose of the Solo RepoSheet accordance with hospitals or care facility regulations. Solo RepoSheet can be recycled by incinerating.



DO NOT WASH. The caution label situated on the back of the sheet displays the DO NOT WASH –symbol.



If the sheet is washed this label disintegrates to display the DO NOT USE –symbol. The sheet must then be disposed of.

Inspect the Solo RepoSheet before each use. Pay special attention to wear and damage to seams, material/fabric, straps and strap loops. During use, pay attention to that the RepoSheet does not get stuck in equipment, which can damage the sheet. Do not use damaged lifting accessories. If anything is unclear, please contact the manufacturer or supplier.

## Recommended combinations of Liko's sling bars:

| Lifting and positioning<br>further up in bed <sup>1</sup> : | Universal 350 | Slim 350 | Universal 450 | Standard 450 | Universal 600 | Lifting and positioning<br>when turning in bed: | Universal 350 | Slim 350 | Universal 450 | Standard 450 | Universal 600 <sup>2</sup> |
|---|---------------|----------|---------------|--------------|---------------|---|---------------|----------|---------------|--------------|----------------------------|
| Solo RepoSheet Short  | 1             | 1        | 1             | 1            | 1             | Solo RepoSheet Short                            | 1             | 1        | 1             | 1            | 4                          |

**Explanation:** 1 = Recommended, 2 = May work, 3 = Not advised, 4 = Inappropriate

<sup>1</sup> All recommendations apply both with and without SideBars.

<sup>2</sup> We recommend sling bars with a maximum width of 450 mm (17.7 inch.). A sling bar which is too wide can damage the Solo RepoSheet.

## Other Combinations

If Solo RepoSheet is used with sling bars other than Liko's, it is important to check that the sling bar is not wider than the sling bars in the table above. Combinations of accessories/products other than those recommended by Liko can result in risk for the safety of the patient.

In those cases where another manufacturer recommends Liko's accessories/products in combination with their or others' accessories/products, and the combinations are not approved by Liko, that manufacturer assumes the responsibility for that combination. Liko then refers to the responsible manufacturer's instruction guides and recommendations concerning usage, maintenance, cleaning, checking and inspection of the combination in order to fulfil the EN ISO 10535 requirements.

**CE** Medical technical class I product

Liko's products undergo continuous development, which is why we reserve the right to make product changes without prior notice. Contact your Liko representative for advice and information about product upgrades.

## Design and Quality by Liko in Sweden

Liko is quality certified according to ISO 9001 and its equivalence for the medical device industry, ISO 13485. Liko is also certified according to environmental standard ISO 14001.



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