

1



Fitting A Sling



2

Ask your sailor how much assistance they want



3

Apply Handbrakes




4

Check Sling Straps

- Short for Shoulders
- Long for Legs




6

Position sling on chair •1/3 on seat •2/3\$ up back



*Pass straps underssailor's legs
•Chatto your sailor •Keep them informed •Ask their permission*



7

Cross Leg Straps

- Left to Right
- Right to Left




8

Ready to connect to hoist


