

# New Forest & District Sailability - Fitting a Sling for a Sailor who can stand

The volunteer's role when assisting sailors is to enable them to be as independent as they are able/wish to be, whilst ensuring maximum safety standards. Some of our sailors like to walk to the hoist and then fit the sling there. In this handout, the sling is being fitted at the clubhouse.

1



Ensure sailor's buoyancy aid is fastened correctly.  
(See separate handout)

2



Apply handbrakes

3



**Essential!** the sling is right way up:

- **S**hort for **S**houlders
- **L**ong for **L**egs

4



All slings have been marked with "Top". The sling is reversible so it does not matter whether the yellow or blue is on the inside.

5



Position sling on chair

- 1/3 on seat
- 2/3 on back

6



If you hold the shoulder- straps in line with end of wheelchair handles, sling is at correct height.

**Do not loop sling over handles.**

7



Raise footrests when sailor is standing.

8



Lower footrests when sailor sitting. Xav is able to raise his right leg, so needs no assistance.

9



Xav likes assistance with his left leg.

## Respect your sailor's wishes

- If you need to touch your sailor, ask their permission and follow their instructions.
- Remember some sailors find it painful to be touched/moved.
- Be gentle and take your time.
- Do **not** try to 'slide' or 'tug' the sling as friction can be painful.

10



• Pass leg straps under sailor's legs. Xav is able to do the right strap himself.

11



- Xav likes assistance with his left leg.
- **Gently** lift the leg as directed by your sailor and support it.
- Pass sling underneath.



12

**Cross the leg straps**

- Left leg strap to right side



13

- Right leg strap to left side



14

**The sling is now correctly positioned for hoist**

**Safely secure leg straps with Velcro until sling needed at hoist**

- **When pushing sailor to and from hoist**

If the sailor needs to be 'wheel-chaired' to the hoist, then temporarily secure the leg straps with Velcro. This method was initiated by Eric Blyth, our Chairman. It prevents the straps getting caught in the wheelchair.

- **When sailor in boat**

You should also secure the leg straps in position with Velcro, once the sailor has been hoisted into the boat. This means the straps are not 'lost' and prevents you having to move the sailor unnecessarily when they return from their sailing trip. **Remember: you should never lift a sailor.**



15

**Safely secure leg straps**

Ensuring leg straps remain crossed, pass leg strap through 'same-side' shoulder strap with Velcro facing inwards.



16

Pass other leg strap through same-side shoulder strap.



17

Again, ensure Velcro facing inwards



18

Use Velcro to secure leg straps together.



19



20

Xav is now ready to be wheel-chaired to hoist.

[www.newforesailsailability.co.uk](http://www.newforesailsailability.co.uk)

Charity No. 1105212

