

Handout to use with NFDS Video Fitting a Sling

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



5

Position sling on chair

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



6

Pass straps under sailor's legs

- Chat to your sailor
- Keep them informed
- Ask their permission



7

Cross Leg Straps

- Left to Right
- Right to Left



8

Ready to connect to hoist

