

Using the Hoist



- Handout to use with NFDS video

1. Position Wheelchair



Top of hoist in line with sailor's lap

2. Apply Handbrakes



3 Be safety Conscious



- Ensure hook is always held
- It hurts, if accidentally hits someone
 - Check line and yellow safety strap not twisted

4. Attach Sling to Hoist



- Attach shoulder straps first
- Ensure leg straps crossed
- Place leg straps on top of shoulder straps
- Weight of sailor pulls legs straps down, securing shoulder straps

5. Sailor with Own Equipment



- Own sling - Carer must supervise attachment to hoist
- Own electric wheelchair - only carer or sailor can operate, unless switched to manual

6. Hoist Sailor into Boat



- Ensure all straps secure
- Remove wheelchair
- Re-assure sailor
- When lowering into boat:
 - Ensure joystick removed
 - Hold boom out of way
 - If necessary use boat hook
 - Assist sailor into boat

7. Detach sling straps



8. Safely secure hook to hoist



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