

Selecting the Right Sling

Why is it so important to get it right and so easy to get it wrong?

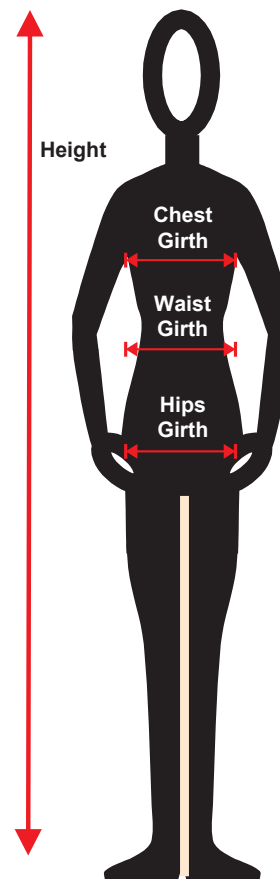
Back in October 2007 the MHRA published a safety warning entitled “Size Matters”, highlighting the importance of assessing the sling size correctly due to the number of incidents that had occurred when slings hadn’t been the correct size. Most manufacturers use small, medium, large, extra large, etc to gauge their sizes. The problem is they nearly all have a different idea of what small and large are and so a medium sling from one company can be significantly different from another. Slings, like shoes, support your weight. Logic follows (and practice proves) that just like shoes, good fit is important for comfort.

How to measure

With the massive variation between what different manufacturers consider to be Small, Medium and Large, getting it right is easier said than done. Unless you are familiar with the Glove Anthropometric Sizing system that is. If you haven’t tried it, don’t worry, its really easy. All you need is the size table below, a soft tape measure in centimeters and of course, a means of recording the measurements as part of your professional assessment process.

Size Table - Revised June 2010

	Height cm	Girth cm	Max.Load kg	Size	Colour Code
Paediatric	75-95	45-55	200	1	White
Paediatric	95-110	50-60	200	2	Red
Paediatric	110-130	55-70	200	3	Yellow
Paediatric	130-150	65-80	200	4	Green
Adult Unisex	135-160	70-85	200	5	White
Adult Unisex	145-170	75-90	200	6	Red
Adult Unisex	155-180	85-100	200	7	Yellow
Adult Unisex	160-190	95-115	200	8	Green
Adult Unisex	160-190	105-130	200	9	Black
Adult Unisex	160-190	125-150	275	10	White
Adult Unisex	160-190	145-175	350	11	Red
Adult Unisex	160-190	170-200	350	12	Yellow
Foxy	130-155	85-100	200	5	White
Foxy	135-160	95-110	200	6	Red
Foxy	140-165	105-125	200	7	Yellow
Foxy	140-165	120-140	200	8	Green
Foxy	140-165	135-155	200	9	Black
Foxy	140-165	150-175	275	10	White
Foxy	140-165	170-200	350	11	Red



Height

For accuracy, measure a persons height whilst they are lying flat on a bed. If you measure nape of neck to coccyx, knee to hip, etc, etc, you will accumulate inaccuracies and almost always result in a person measuring taller than they really are, potentially leading to a sling that is too big for them.

Girth

The second measurement you will need is the girth. This can be done whilst the person is seated or lying down. Measure right around the hips on women or right around the chest just under the arms on men and children. Look across the size table below and you will see which size should give the best fit.

Foxy sizes

If the girth size is too big to match up with the height on the table, try using the Foxy sizes table. Please note, Foxy is not gender specific. Most people will find the Tux and Tux Plus more comfortable. The Foxy and Foxy Plus are specifically for people with exceptionally broad hips who find that the leg supports on other slings are not long enough to go around their hips and between their thighs comfortably.