

Sling comfort is everything to do with the correct fit

An ill-fitting sling leads to discomfort as well as impairing performance.

To eliminate sizing inconsistencies resulting from generalistic sizing scales that often vary between different manufacturers, Care & Independence developed our own scientifically-founded anthropometric sizing system.

Based on the universally-accepted body proportion ratios of Da Vinci's Vitruvian Man, our unique Care & Independence size guide means that the sling you order will be the best fit based on *your own personal measurements*. So you can rest assured that your sling will provide you with the greatest comfort and optimal performance.



HOW TO MEASURE

Height

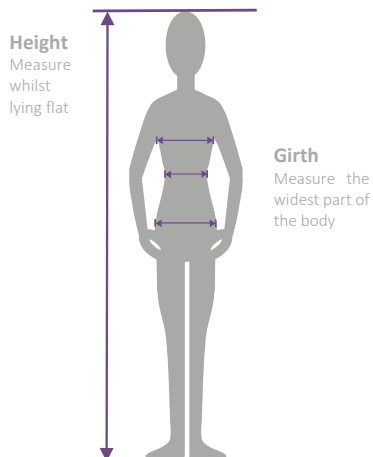
For accuracy measure a person's height whilst they are lying flat on a bed. If you measure nape of neck to coccyx, knee to hip, etc., you will accumulate inaccuracies and almost always result in a person measuring taller than they really are, potentially leading to a sling that is too big for them.

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 widest part of the body (usually hips on women and chest just under the arms on men and children).

Sizing Tables

Cross reference height and girth measurements within the appropriate size table to find the best fitting sling size based on your personal measurements.



SLING SIZE GUIDE

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

NOTE: If girth size is too big to match the height column in the main charts above, a Foxy-sized sling may offer a better fit. The Foxy sizing range is specifically for people with broad hips and larger thighs who find that the leg supports on other slings are not long enough to go around their hips and between their thighs comfortably.

	Height cm	Girth cm	Max.Load kg	GLOVE™	Colour Code
Foxy Unisex <small>Not available in COMFORT VALUE range</small>	130-155	85-100	200	5	White
	135-160	95-110	200	6	Red
	140-165	105-125	200	7	Yellow
	140-165	120-140	200	8	Green
	140-165	135-155	200	9	Black
	140-165	150-175	275	10	White
	140-165	170-200	350	11	Red

Remember, we provide FREE SLING ASSESSMENTS!

- Socially-distanced face-to-face appointments with carer and user
- One-to-one user assessments with carer/ clinician distanced support
- Remote Assessments conducted virtually via video or telephone link

Contact us today to book your appointment