

# Self Help Pole



## Purpose

To assist movement or changing of positions whilst lying in bed.

## Features

- Upright frame/pole with a triangular hand grip which hangs over the top of the bed
- Adjustable chain to suit the individual
- Lightweight aluminium frame
- Freestanding for stability

## Installation

- A qualified health professional should install your self help pole. The equipment comes in 3 parts - a base which sits under the bed, a pole that fits into the base and fits behind the bed, and a chain with a handle which attaches to the top end of the pole.

## Maintenance

- Notify your service provider if you notice any of the following:
  - Excessive bowing (bending) in the pole
  - Any signs of weakness in the chain links
  - The pole is wobbling excessively when in use
  - The pole/frame has moved significantly from its original position
  - Any loose nuts or bolts
  - Rust
  - Any wear or damage to the hand grip

## Safe Usage

- Ensure the hand bar is hooked onto the pole when not in use.
- Ensure the pole is out of the way when not in use or when sitting on the side of the bed.
- Use caution if you have any existing upper limb pain or injury.
- Only pull on the hand bar, not on the chain.
- Do not hang other items off the pole.
- Do not move the pole from its original position.
- Do not use the pole to get on/off the bed.

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

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