

# RESQMAT

## User Guide

**Note:** This guide is not a training manual. It has been designed to assist personnel in the safe use of the ResQmat and needs to be assessed in line with the manual handling and cross infection policies in place within your organisation. Any manual handling techniques used within this information are merely suggested methods to move non ambulant persons in an emergency. It is accepted that there may be other more appropriate alternatives on some occasions and within slightly different environments.

### Preparing the ResQmat

Open the storage bag and release the ResQmat by pulling the white Velcro holding strap apart.

Unfold and open up the ResQmat and place in position ready for use. Ensure that the built in pillow is at the head end.

### Transferring onto the ResQmat.

*There are various methods of transferring the individual on to the ResQmat, depending where they are at the time of evacuation, this include transfer while in bed or a chair/ wheelchair, all methods require a minimum of two carers/ handlers – the text below suggests these methods.*

#### Transfer from a chair

Position the ResQmat long ways on the floor in front of the chair/wheelchair – if transferring from a wheel chair ensure the safety breaks are on and foot is plates removed.

Support and guide the user's legs towards the end of the ResQmat. Kneeling on the ResQmat in front of the chair/wheelchair, encourage the user to lean forward from the back of the chair.

If possible encourage them to carefully shuffle their bottom forward in the chair/wheelchair (the carer may have to help by placing the palms of hand on users hips) and slowly guide the user's hips round towards the front edge of the chair/wheelchair.

Stays close behind user and in a low kneeling position as the user slides from the chair/wheelchair and down on to the ResQmat, providing support for the user's upper body. Adjusts the position of the users legs and feet of user.

Finally help lay user flat on the ResQmat ensuring that they are laying central and with their head comfortably resting on the internal pillow. The ResQmat is now ready to be fastened up – See Transferring from a bed/floor.

#### Transfer from a bed/ floor

To perform a transfer on to the ResQmat it is essential that this is done working in pairs, one either side of the bed, to prevent the user from rolling off the bed and if time allows it is recommended carers work with the bed at a suitable height.

Log roll the user onto their side and place the ResQmat tight against their back and legs, making sure that the built in pillow is at the head end.



### **Transfer from a bed/ floor continued**

Roll the patient onto the ResQmat and position the user so they are comfortable and laying centrally.

The ResQmat is now ready to be fastened up.

This is done by firmly wrapping the sides of the ResQmat over the patient and securing the black Velcro straps.

Making sure the red shortening strap is clear of the user's feet, place their feet inside the V section of the red strap.

Pull the red straps through the buckle on the chest area and fasten for a tight, but comfortable fit – this enables a correct fit and ensures the individual is secure within the ResQmat and will not slide down inside it while being moved down flights of stairs.



### **Transferring off a bed**

*There are different ways of moving the user off the bed. There is no one set procedure. It may be that the manual handling advisor have a more suitable suggestion.*



#### **Method 1**

Before moving the ResQmat from the bed and if time allows take the bed down to its lowest position.

Taking the straps at the head end hold them short and move the ResQmat around on the mattress so it is laying across the bed. If space allows the second person can take hold of the straps at the foot end.

The person at the head end pulls & steps backwards to allow the ResQmat to slide onto the floor, allowing the pulling straps to slowly move through their hands, keeping a correct posture and taking care to support the users head.

You will find that by keeping moving the legs & feet will follow. These can be supported by the second person, again allowing the straps to move through their hands.



#### **Method 2**

If the type of bed and space allows, the bed can be tilted up from the head end and the user can be taken off the bed from the foot end.

To perform this procedure firstly ensure that the bed is at its lowest position and remove the detachable foot end of the bed. The bed can then be tilted from the head end and with at least one carer at each end of the ResQmat, the user can be taken off the foot end of the bed to the ground using the end pulling handles, in a slow, controlled manner, ensuring the users head is protected throughout.



## Moving across the Floor

When moving across the floor, the ResQmat should be pulled from the same end by both carers, if a number of doors are to be negotiated, then it is usual to pull through these head first - to ensure that the doors do not shut on the head of the user.

However, if doing a stair evacuation, it is important to arrive at the stairs feet first.

It is important to take the widest angle when moving through doors as this will prevent the ResQmat from rubbing against the door frame and protect the user from bumps.

If doing a stair evacuation, once through the door at the top of the stairwell make sure the mat is clear from the door frame before pulling the pad around at 45° ready for the pull to the stairs – remember stair descents are to be done feet first.

## Moving downstairs

The ResQmat needs to be in a position where the feet go down stairs feet first with a minimum of one person at each end of the mat.

When you start to move onto the staircase, it is very important that the person in control of the bottom end of the ResQmat keeps the pulling straps short, until the upper part of the body has come over the top step. You will feel the weight ratio change.

The person at the top of the ResQmat can assist by keeping the pulling strap long and by slightly raising the handle, as the body moves over the top step.

The actual speed of descent is controlled by the person at the foot end of the ResQmat by control of the webbing straps. They need to ensure that the person at the top end does not have to overbalance, in an attempt to keep up.

It is important to steer a wide course around any corners of the staircase to ensure that you do not encounter any problems with the central pillar of the staircase.

N.B the straps must be held - do not wrap the pulling straps around the hands or wrists.

Once the user has reached a point of safety ensure that the patient is comfortable, you may need to loosen the cross straps and red shortening strap.



*A video containing an overview to the use of the ResQmat can be found on the ResQmat Website, Spectrum Healthcare Website and Spectrum Healthcare YouTube Channel. Onsite demonstrations and training packages are available across the UK, Ireland and in other distribution countries contact us for more details.*

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