

ALBACMAT

User Guide

Note: This guide is not a training manual. It has been designed to assist personnel in the safe use of the AlbacMat 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 AlbacMat.

To release the AlbacMat from its self-contained bag, hold the AlbacMat by the yellow hi-vis handle, with the logo facing away from you, release the blue fastening strap and "throw out" the Mat – ensuring that keep hold of the hi vis handle. Once the AlbacMat has been released it is ready for use.

Transferring onto the AlbacMat.

There are various methods of transferring the individual on to the AlbacMat, depending upon where they are at the time of evacuation, this includes 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 AlbacMat long ways on the floor in front of the chair/wheelchair - ensure the brakes are put on and foot plates are removed if transferring from a wheel chair.

Carer1 supports user's legs and guides the legs towards the end of the AlbacMat. Carer2 kneels on the AlbacMat in front of the chair/wheelchair at the opposite side to Carer1 and encourages the user to lean forward from the back of the chair.

With flat palms of hands on users hips, Carer2 carefully shuffles their bottom forward in the chair/wheelchair and slowly guides the user's hips round towards the front edge of the chair/wheelchair.

Carer1 stays close behind user and moves into a low kneeling position as user slides from the chair/wheelchair to the AlbacMat, providing support for the user's upper body. Carer2 adjusts the position of the legs and feet of user.

Both carers then help lay user flat on the AlbacMat ensuring that they are laying centrally on the Mat with feet placed within the foot pocket. The AlbacMat 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 AlbacMat 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.

If transferring from a bed, firstly remove all pillows and covers from the bed and wrap the user in the bottom bed sheet.

Log roll the user on to his/her side, ensuring that they are continually supported by one carer.



Transfer from a bed/ floor continued.

Place the AlbacMat tight against the user's back and legs and gently roll him/her back onto the AlbacMat ensuring that they are positioned comfortably and are lying centrally on the Mat with feet in the foot pocket.

If bedding is available position a pillow under the user's head and cover him/her with blanket/duvet. Remove the foil blanket from the foot pocket and place over the user.

Fasten the two top cross straps across the chest area creating an X and finally fasten the bottom cross strap. The straps should be fastened tight enough that the side of the AlbacMat enclose the user, but not too tight that they become uncomfortable.

If the AlbacMat is being used for a child use the two lower velcro cross straps to secure him/her in place and the top velcro strap can be used as the moving strap (ensuring it is fastened first).

The user is now ready to be moved off the bed.

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 has a more suitable suggestion.

Method 1 (diagonal transfer)

Before moving the AlbacMat 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 AlbacMat 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 slowly backwards to enable the AlbacMat 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 patient's head.

You will find that by keeping moving slowly backwards, the legs & feet will follow. These can be supported by the second person to help ensure a steady descent.

Method 2 (foot end transfer)

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 from the bed.

The bed can then be tilted up from the head end and with at least one carer at each end of the AlbacMat, the user can be taken off the foot end of the bed and slid to the floor (feet first), 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 AlbacMat 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 carrying out 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 AlbacMat 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

When you start to move onto the staircase, it is very important that the person in control of the foot end of the AlbacMat holds the handle and keeps the AlbacMat as straight as possible until the upper part of the body has come over the top step.

It is important that the person at the head end assists in moving the mat over the top step by keeping the pulling strap long and slightly raising the strap, as the body moves over the top step

You will feel the weight ratio change. Once the weight ratio changes let the mat make contact with the stairs and slowly start descending.

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

The person at the foot end controls the direction of the AlbacMat while the actual speed of descent is controlled by the person at the head end of the mat.

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.

Once the patient has reached a point of safety cross straps can be loosened to ensure the individual is comfortable.



A video containing an overview to the use of the AlbacMat can be found on the AlbacMat 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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