



# KERA SIT2SIT HOIST

## Owner and Instructional Manual





**WARNING!** Do not operate this equipment without first reading and understanding this manual. If you are unable to understand the warnings, information and instructions contact HT systems before attempting to use this hoist – otherwise injury and/or damage may result



The Kera sit2sit is designed to:

- Transfer a user up to 120Kg
- Transfer a user from 130-190cm tall

Between seated positions (i.e. toilet, wheelchair, bed, chair, day chair)



**ALWAYS** check the hoist for damage or wear to ensure it is safe to operate

Contact HT systems if you have any concerns about the condition of the hoist

**ALWAYS** use a Kera sit2sit Backstrap when operating this hoist



**WARNING!** Before attempting a transfer, a clinical assessment of the user's suitability for use with this hoist should be carried out by a qualified health professional

## GENERAL INFORMATION

The hoist has successfully passed testing by Novita (Accredited Test Laboratory Number 2953 – novitatech.com.au) to international hoist standards (ISO10535:2006) and is entered in the ARTG (388973), Australia.

We are confident of your safety if operated and maintained as described in this manual.

- A clinical assessment of the user's suitability for use with this hoist should be carried out by a qualified health professional
- The caregiver should be trained in the use of this hoist
- This hoist is designed for use with at least one caregiver
- It is important to be aware that the materials used in this hoist may not be hypo-allergenic or fire retardant
- Avoid placing fingers or other body parts in obvious pinch points
- Ensure that the hoist and Backstrap is not damaged or worn before operation
- The Backstrap should be used for all transfers
- We advise that the user should be left in the transit position for less than 2 minutes
- Do not push the loaded hoist at faster than slow walking pace
- Be aware of your surroundings with other objects
- Always ensure that you unload the user carefully into a chair, toilet or bed or other seated position

## USER SUITABILITY

Ensure that the user is physically suited to the lifter as deemed by a health professional.

Specifically, it is recommended that the user should not have:

- Height greater than 190cm or weight greater than 120kg
- Unstable medical conditions, e.g. unstable heart condition
- Conditions requiring ventilation or oxygen therapy
- Conditions not allowing uprightiness
- Open wounds or painful scars on the chest or abdomen, or pregnancy
- Substantial inflexibility in the hips, knees and ankles
- Inability to take any weight on the knees and feet i.e. due to injury or pain condition. However, the user does not have to be weight-bearing.

For more detailed information please refer to our website:

[htsystems.com.au](http://htsystems.com.au) [htsystems.co.nz](http://htsystems.co.nz)

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## WHO WE ARE

At HT Systems we're dedicated to making a meaningful difference in people's lives by using clever customer-centric design.

Formed in 2018, we are building on over two decades of product development and research by the University of Canterbury in Christchurch, New Zealand.

Our development team has worked with a wide range of health professionals, caregivers and people living with disabilities to ensure we can provide a comfortable, safe and easy to use solution.

Our Kera sit2sit is a simple mechanical hoist which is light, quick and easy to use, and its small footprint makes it ideal for negotiating tight spots and convenient to store.

## CONTACT US

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## INTENDED USE

The Kera sit2sit assists a single caregiver to safely and securely transfer people, with little or no standing strength, between seated positions.

It is intended to be used on level surfaces for the transfer of immobile users in hospitals, care facilities or domestic homes.

It is not intended for users to be in the transit position for long periods of time.

The Kera sit2sit is only to be used for the purposes as described in this manual.

## KERA SIT2SIT DIAGRAM



## USER AND CAREGIVER ASSESSMENT

A clinical assessment of the user's suitability for use with the Kera sit2sit should be carried out by a qualified health professional. The user does not need to be weight bearing but will require some level of flexibility in their lower joints to be comfortably lifted using this hoist.

Before each transfer the caregiver should be aware of the user's current medical, physical, and mental condition and not attempt a transfer if they are concerned that the transfer would endanger the user or the caregiver's own safety.

The Kera sit2sit was designed to minimise the load on caregivers however please be aware of your physical ability to complete the transfer and do not attempt a transfer that would endanger the user or the caregiver's own safety.

## SAFE PATH AND DESTINATION

- Ensure the transfer path is clear and free of trip hazards and the floor is safe to transfer, i.e. not wet or slippery
- Ensure the seat to be transferred to is ready and is safe for the user to be seated in. The brakes of both seats of the transfer should be locked.

## PRE-USE CHECK AND HOIST SETUP

Before each time the Kera sit2sit is used it should be checked for safety. This safety check process doubles as the routine to setup the Kera sit2sit to engage the user.

The following steps should be completed before each time the Kera sit2sit is used. If any of the steps fail or a fault is found, the Kera sit2sit should not be used and suitable technician should be consulted to assess the following:

- Check for any visible faults or wear of the Kera sit2sit or Backstrap
- Check that the wheels roll smoothly and freely
- Check that the Chestpad Slider moves freely and is pulled toward you

Pull the index pin up and ensure the Chestpad slider moves easily backward and forward. Release the index pin and check that the slider is locked in place.

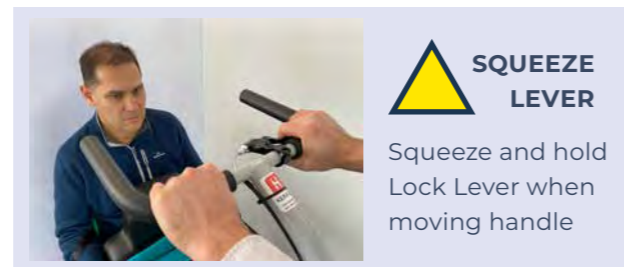
For setup, pull the Chestpad slider all the way towards you and release the index pin, ensuring that the slider is locked in position.



**TIP:** Release the index pin and pull the slider until you hear the pin click into one of the holes

- Check the caregiver handle locks and the Chestpad is above knees

Squeeze and hold the lock lever and check that the caregiver handle can move freely through its range of motion and locks in position when the lock lever is released.



For setup, hold the lock lever and move the caregiver handle until the Chestpad is just above the knees and thighs of the user



Check that the legs are spread open to fit around the chair

To spread the legs of the Kera sit2sit, press down with your foot on the end of the Leg Spreader Lever. This ensures the legs will fit around a chair

**TIP:** Stand to the side of the Kera to ensure you can comfortably and stably put your weight on the Leg Spreader Lever

## STEP 1: FIT THE BACKSTRAP



Lean the user forward just enough to position the Backstrap, low on their back so that it sits just above the belt or waist band

Have the user lean back in their chair to keep the Backstrap in place



One at a time, bring the straps underneath the arms of the user

**TIP:** Check the label is facing out and upward

**TIP:** If needed, loosen the user's belt or waistband at this stage

## STEP 2: FEET, KNEES AND APPLY BRAKE

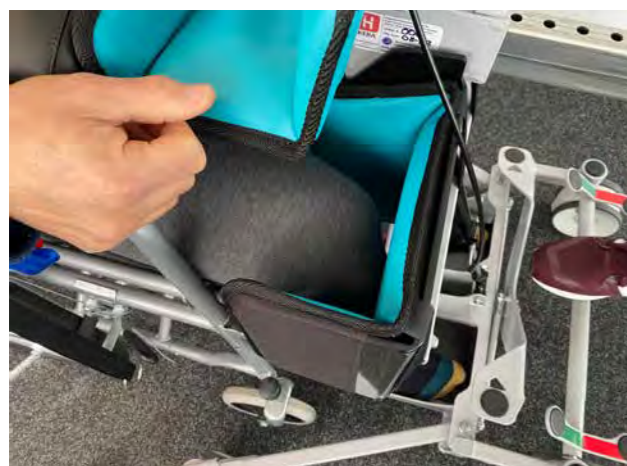
The following steps should be followed when moving the Kera sit2sit up to the seated user:



1. Ask the user to or assist with placing their feet on to the Footplates (if Footboxes are in use – see Page 17)



2. Move the Kera sit2sit toward the user using the moving handles and your foot



3. Ensure the knees are touching (or within 3cm) of the Knee Support Cover



4. Apply the brake by stepping on the red Brake Pedal

## STEP 3: CHESTPAD ON THE LAP

The Chestpad must be pressed securely to the user's chest and lap to promote a comfortable and secure transfer.

The following steps should be followed to ensure a good fit to the lap:



- Pull the index pin up
- Push the Chestpad slider forward until it slightly squashes the foam against the user's stomach
- Release the index pin and push the Chestpad forward until it drops into a locking hole



- Squeeze and hold the Lock Lever and push forward on the Caregiver Handle gently
- This presses the Chestpad down onto the user's lap
- Let go of Lock Lever

**TIP:** These steps are important for a good transfer, but you do not want to press too hard that it is uncomfortable for the user

Communicate with the user for each step or try these steps with an able-bodied friend or colleague first who can tell you how each step feels

## STEP 4: SECURE AND TIGHTEN BACKSTRAP

The Backstrap must be attached and tightened sufficiently to ensure a comfortable and secure transfer:



1. Help the user hold the handles or cross their arms into the cradle, by hugging the Chestpad



2. Hook the rings on the hooks on the handle



3. Pull both blue tabs at once to evenly tighten the straps

**TIP:** Pull the blue tabs in the same direction as the straps to make tightening as easy as possible



4. One at a time, pull the blue tabs using the technique shown in the photo to ensure suitable tightness (see the next section for tightening tips)

### FITTING A THIGHSTRAP

- If the Thighstrap is being used, reach behind the user's ankle and grab the Thighstrap
- Attach the loop on the Thighstrap to the hook on the Chestpad. The Thighstrap should be firm underneath the user's thigh. Take note of how many loops to the end
- Follow the same procedure on the other side, with the same number of loops from the end



## TIGHTENING AND LIFTING TIPS

The Kera sit2sit lifts the user by squeezing them up against the Chestpad with the Backstrap. Therefore, the tightness of the Backstrap is very important.

Here are some tips for getting the best result:



### How tight do I need to do the straps?

As tight as possible while still comfortable.

If the straps are too loose, the Chestpad will slide up the user's front before you begin to lift them.

**TIP:** Tighten one strap at a time, take a grip on the bar, and pull in the same direction as the straps



### How far forward do I need to bring the person?

Until the Caregiver Handle is about at your waist and they are in a stable position.

The further forward the user is the less they will feel like they might slip down off the Chestpad.

Their weight should be on their chest rather than the Backstrap holding them up.



### The Backstrap begins to slip up their back and / or the user feels too hunched over

Start with the Backstrap fitted low on the back and make sure it is as tight as possible.

Try pushing the Chestpad into the user's stomach by one or two more holes.

When lifted up the user should end up less hunched over and the Backstrap shouldn't slip up as much.

## STEP 5: LIFTING FROM SEAT

Once you have fitted and tightened the Backstrap, you can perform the lifting from the seat:

- Take a firm two handed grip on the Caregiver Handle and squeeze and hold the Lock Lever



- In one smooth controlled motion lift the user forward from their seat noting the following:

- Pull the Caregiver Handle toward you through the motion shown
- The handle should end up approximately at your waist
- You will need to take a step back as you do this

- Once the user is forward to a safe position, let go of the Lock Lever to lock the hoist in this position

- You can let go of the Caregiver Handle at this point and move around the Kera sit2sit



The Caregiver Handle must be brought down until the user is in a safe and stable position. A PARTIAL LIFT COULD CAUSE THE USER AND DEVICE TO BE UNSTABLE AND FALL.

## STEP 6: TRANSFERRING

Ensuring that the user is in a safe transfer position, you can now perform the transfer:



- Unlock the brake by stepping around to the side of the Kera sit2sit and pushing forward the green labelled Brake Pedal



- Wheel the Kera sit2sit away from the seat until the castors are clear of the chair
- Close the legs by stepping to the side and standing on the Leg Spreader Lever
- Holding the sides of the Caregiver Handle, you can now transfer the user

**TIP:** Always ensure your own health and safety when transferring:

- Push on the Kera sit2sit if needed to move sideways
- Consider using a plastic mat over thick carpet to make transfers easier

## STEP 7: LOWERING TO SEAT

Once you have the user aligned in front of the seat they are going to be lowered onto, the following steps can be followed to lower them:



Always check that there is a chair behind the user and the chairs' brakes are applied before operating the Lock Lever.



- Spread the legs of the Kera sit2sit to fit around the chair
- Position the user with 100mm gap between the back of their calves and the chair edge
- Lock the wheels by standing on the red Brake Pedal



- Ensure you have a firm two handed grip on the Caregiver Handle and are ready to lower the user down
- Squeeze the Lock Lever to be able to move Caregiver Handle
- Lower the user to their seat, until you are sure they are seated comfortably and push the Caregiver Handle until the Chestpad is pressing on their lap
- Let go of the Lock Lever to lock the hoist in this position

**TIP:** If the user does not end up far enough back in their seat, you can lift them up again and move the Kera sit2sit closer to the seat, reducing the 100mm gap between the user's calves and the front of the seat



## STEP 8: DISENGAGING THE KERA SIT2SIT

Once the user is securely seated in their chair you can disengage the Kera sit2sit:



- Release the tension in the straps by pulling the red tab towards the user
- Remove the rings from the hooks and rest straps on armrests or hanging down the outside of the thighs
- If Thighstraps are attached, unhook them from the hooks on the Chestpad on both sides

**TIP:** Hold the blue tab lightly in your other hand to ensure it doesn't catch on anything

**TIP:** Make sure the Chestpad is pressed on the lap well, this will loosen the straps and make it easier to pull the red tabs



- Squeeze the Lock Lever and pull the caregiver handle towards you to lift the Chestpad just above the thighs
- Ensure the user is stable before moving Kera sit2sit away
- Ensure the user's arms and feet won't catch on anything as you move the Kera sit2sit away
- Carefully move the Kera sit2sit away from the user
- Remove the Backstrap from behind the user

## FOOTBOXES

The Footboxes are an additional component offered and can be fitted to replace the Footplates by a suitable Technician. Contact your region's distributor for further information.

The Footboxes allow the user's feet to be restrained from slipping backward and/or lifting up while using the Kera sit2sit for transfers.

**NB:** Take care when unloading, to ensure that user is free from the straps



- Place the user's feet, into the each of the boxes, far enough forward to ensure the heel is well supported on the base

- Take the Footbox strap from its storage position and wrap it behind the ankle and secure to the hook and loop patch on the outside surface
- Reverse the process above to remove the foot
- The Footbox straps can be removed if not needed. Pull ends of the strap away from the hook and loop patch and remove

## KERA SIT2SIT OWNERS INFORMATION

### INSPECTION AND CLEANING

To clean the Kera sit2sit, wipe it down with a damp cloth using warm water and a disinfectant cleaner. Do not use harsh solvents such as phenol and chlorine as it may damage the hoist's finish. Follow laundering instructions on the Backstrap. Do not submerge any other components for cleaning.

It is recommended that the Kera sit2sit and its accessories are regularly cleaned and/or disinfected between each use.

### MAINTENANCE AND USER INSPECTIONS

The caregiver should always inspect the hoist for hygiene, wear and damage before each use to ensure the safety of all users.

Every 12 months a more detailed inspection should be carried out by a suitably qualified technician.

Contact HT Systems if you have any concerns about the condition or safety of the hoist.

The lifetime of this product in normal use is 8 years if all maintenance and servicing is carried out in accordance with the manufacturer's instructions and demonstrably recorded.

### WARRANTY INFORMATION

HT Systems, at its sole discretion, warrants that it will repair or replace defective components or faulty workmanship for a warranty period of one (1) year from the date of manufacture of the product.

A warranty claim may not be accepted where:

- Notice has not been given within four (4) weeks of the defect or faulty workmanship being first noticed.
- Damage is caused by negligence, accident or deliberate abuse, product modification, incorrect use, incorrect storage or maintenance and continued use of the part after the defect or faulty workmanship is first noticed.
- We reserve the right to substitute components of equal or better quality on the particular items being repaired or replaced.

There will be no extensions to the original warranty period for any product that has been repaired or replaced.

## PRODUCT INFORMATION

Product Information	Kera80	Kera120
Product weight		35kg*
Outside width		605mm
Minimum internal width (legs closed)		415mm
Maximum internal width (legs open)		1100mm
Length – handle upright		950mm
Length – handle down	1230mm	1580mm
Handle height (upright)	1300mm	1550mm

**WARNING:** Heavy. Use safe lifting practice

## USER RECOMMENDATIONS

User Recommendations	Kera80	Kera120
User weight	Up to 80kg	Up to 120kg
User height	From 130cm to 190cm	

**WARNING:** Before attempting a transfer, a clinical assessment of the user's suitability for use with this hoist should be carried out by a qualified health professional.

## IDENTIFYING YOUR KERA SIT2SIT MODEL



The Kera sit2sit high models are raised by 80mm and are identified by the green raiser as shown in the image above.



The Kera sit2sit 80 and 120 models are identified by different length handles and the sticker affixed to the handle as shown in the image above.



The Kera sit2sit serial number is affixed to the right side of the hub by the Knee Supports as shown in the image above.



For more detailed information please refer to our website:

[htsystems.com.au](http://htsystems.com.au) [htsystems.co.nz](http://htsystems.co.nz)

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