



**HUMAN CARE**  
Your Life. Your Way.



## Self Help Pole (FLi & FLi-plus) 90700

User Manual



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ENGLISH

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# User Manual



## Important!

You must read the user manual for the bed as well as the user manual for the accessory prior to usage. Keep this booklet and information handy for future use.

## Symbols



**WARNING** symbol indicates a potentially hazardous situation which, if not avoided, could result in serious injury to the user or damage to property and/or the device itself.



**INFORMATION** symbol indicates recommendations and information for proper, trouble-free usage.



**WEIGHT CAPACITY** symbol indicates maximum user weight for the product. Do not exceed this weight in any circumstance.



**CE MARKING** symbol indicates product meets requirements of EU Directive 93/42/EEC (MDD) and/or EU Regulation 2017/745 (MDR).



**MEDICAL DEVICE** symbol indicates that the product is a medical device according to the definition of medical device in EU Directive 93/42/EEC (MDD) and/or EU Regulation 2017/745 (MDR).



**RECYCLE** according to local regulations.



**READ INSTRUCTIONS** and ensure you fully understand them before using this product.



***Product modification is not permitted.***

***Before use, always check that the product is not damaged or worn.***

Human Care's products are continuously being developed and updated to provide our customers with the highest quality. We reserve the right to make design changes without prior notice.

Always make sure that you have the most recent version of the manual which is available for downloading from our website at [www.humancaregroup.com](http://www.humancaregroup.com).

Contact your local distributor if you have any questions about the product and its use.

## Notice to user/patient in case of serious incident

Any serious incident that has occurred in relation to the product, should be reported to the local contact, who reports to the manufacturer, and the competent authority of the country in which the user/patient is established.

## Compliances and Standards

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Human Care is an ISO 13485:2016 certified Swedish medical device company. The Quality Management System is in compliance with US 21 CFR part 820.

The product is CE marked in accordance with EU Directive 93/42/EEC (MDD) and/or EU

Regulation 2017/745 (MDR), as class I medical device.

The CE mark is on the product.

This bed complies with all requirements of the IEC/ISO International Standards: IEC 60601-2-52:2009

This User Manual informs you, as the operator, and your users, about the product features, assembly and operating functions necessary to ensure ease of operation, and safe handling of this product in its normal and expected environment.

You should therefore also regard this User Manual, as a practical reference book, to be kept near the product and readily available at all times, for anyone involved in its use or operation.

Is a warning triangle used for situations which require extra care and attention.

### **CAUTION!**

Do not assemble or operate the bed accessory, before reading this manual, as personal injury or damage to product may occur!

Please contact Human Care in the event of any uncertainties or questions.



### **Product lifetime**

The product's expected lifetime is ten (10) years, if the product is used as intended and maintained according to the manufacturer's instructions, depending on the intensity of use and maximum load applied during use. If the product label is no longer legible, the product should be discarded.

## Technical Specifications

Specifications (mm / inch - kg / lbs)	
Self Help Pole Height*	129 cm / 50.8"
Handle Height Max - Min*	113 cm - 62 cm / 44.5" - 24.4"
Side-to-side turn angle	90° (within the bed frame)
Max user weight	75kg / 165 lbs

*\*Distance from bed platform without mattress*

## Responsibility of users

### Instructions for the operator:

Please pay attention to your obligations, as the operator, in order to ensure the permanently safe operation of this medical product, minimising risks to the patient, user and/or third parties.

Any piece of technical equipment, electrical or otherwise, can prove hazardous, if not properly operated and maintained in accordance with its User Manual. It is recommended that you are informed of all operations and perform regular maintenance on equipment.

### Definitions:

#### Operator

(e.g.: clinic, hospital, hospital management, nursing home), is every natural or legal person with property rights over the bed (including when subject to hiring, rental or lease arrangements).

***Responsibility for the safe operation of this bed accessory lies with the operator.***

#### User

(specialist medical staff, nurses, doctors, attendants and care staff) are persons who, on the basis of their training, experience or thorough instruction, are entitled to operate the bed on their own responsibility, or to carry

out work on it, or who have received instruction in the handling of this bed. Furthermore, they are able to recognize and avoid possible hazards as well as assess the clinical condition of the patients.

### Patient, Resident or Guest

In this manual, a patient is described as any person being ill, infirm, disabled, in need of care, or otherwise occupying this bed.

Each time the bed accessory is allocated, it is recommended that the patient is instructed in all the functions that are important for him/her, by the operator or user.

## Safety Advice

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### Safety Symbol

In this manual the adjacent safety warning symbol is shown as:



***This safety symbol does not replace all the written safety advice. You are instructed to read the safety advice and follow it precisely.***

### Safety for the operator

With the aid of this manual, which must be handed over together with the product, you must ensure that every user is instructed in the safe operation of the product before it is put into service for the first time.

Draw every user's attention to the possible hazards that can arise if the product is not used properly.

Pay attention to your obligations in order to ensure the permanently safe operation of this product to minimise all risks to the patient, user and/or third parties.

Regular preventative maintenance is the Operator's responsibility.

Only allow this product to be used by persons who have been instructed in its safe operation.

Make sure that stand-in or temporary staff are sufficiently well instructed in the safe operation of the product.

### Safety advice for the user

Make sure that the operator instructs you in the safe operation of this product.

Each time, before using the product, check that it is in perfect working order.

Make sure that there are no obstacles (eg: bedside lockers, chairs, hoists, wall mounted fixtures, or equipment etc.) which could impede any adjusting or movement of the bed.

## Intended Use

The Self Help Pole (FLi and FLi-Plus) is intended to facilitate the patient moving within the confines of the bed, such as repositioning.

It is not to be used for any other purpose such as getting in or out of bed.

## Accessory intended for the following Floorline Beds

This accessory should only be used with Floorline models from Human Care with the following article numbers.



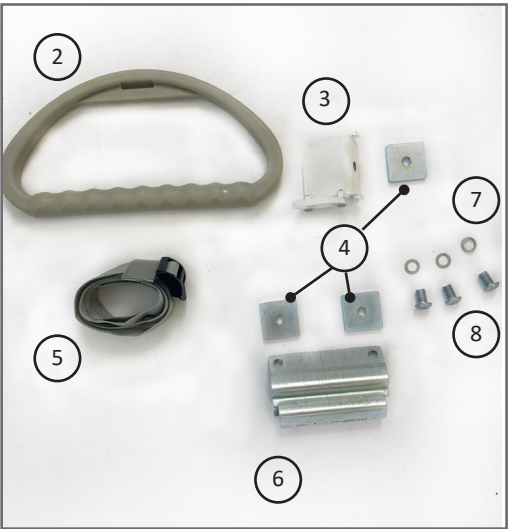
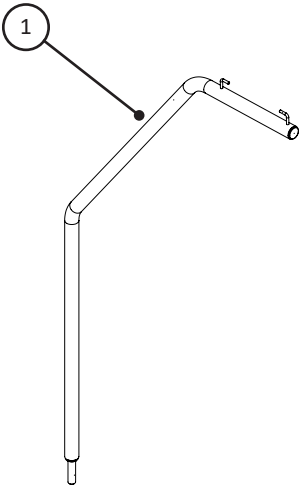
It is important that only Human Care accessories are fitted to Human Care beds, as any incompatible accessories can create hazards.

<b>Product Name</b>	<b>Article Number</b>
Floorline-i EU	90300
Floorline-i AU	90301
Floorline-i US class 1	90302
Floorline-i UK	90303
Floorline-i Plus EU	90500
Floorline-i Plus AU class 1	90501
Floorline-i Plus AU	90502
Floorline-i Plus US class 1	90503
Floorline-i Plus UK	90504

# Self Help Pole

## Assembly/Disassembly Instructions

### Self Help Pole 90700



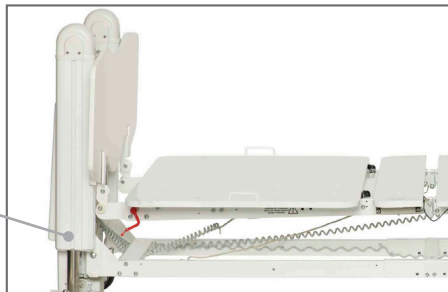
### Content:

Number	Description	Qty.
1	Self Help Pole	1
2	Handle	1
3	Support Bracket Top	1
4	Mounting Plate	1
5	Handle Band	1
6	Support Bracket Bottom	1
7	Washer	3
8	Screw M10 (allen key 6 mm)	3



**INFO:**

The Self Help Pole should be assembled on the same side as the directional lock castor, the lock pedal is dark grey and on the right hand side of the patient's head in the bed.

**Assembly:**

1. Put the mounting plate (4) inside the pre made sliding track of the bed head pillar (seen above)



2. Place the Support Bracket Top (3) parallel to the Mounting Plate, and align the holes.



3. Push in the pre-made steering guides, of the Support Bracket Top, into the sliding track.



4. Take one of the Screws M10 (8) and add the Washer (7).

5. Assemble the Support Bracket Top and the Mounting Plate with an Allen Key 6 mm. Do not tighten the screw fully.



# Self Help Pole

## Assembly:

6. Slide the mounted Support Bracket Top to the top end of the sliding track until it stops.



7. Tighten the screw completely with Allen Key 6 mm.



## Assembly:

8. Put the mounting plate (4) inside the sliding track of the bed head pillar.



9. Place the Support Bracket Bottom (6) parallel to the Mounting Plate (4), and align the upper hole with the Mounting Plate.



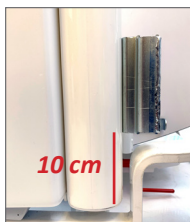
10. Take one of the Screws M10 (8) and add a Washer (7). Assemble the upper hole of the Support Bracket Bottom and the Mounting Plate with an Allen Key 6 mm. Do not tighten the screw fully.



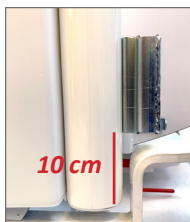
11. Slide the Support Bracket Bottom up so that the lower hole can be parallel to the second Mounting Plate.



12. Take one of the Screws M10 (8) and add a Washer (7). Assemble the lower hole of the Support Bracket Bottom and the second Mounting Plate with an Allen Key 6 mm.



13. Place the lower part of the Support Bracket Bottom 10 cm from the lowest part of the sliding track. Tighten both screws fully at the bottom part of the sliding track.



# Self Help Pole

## Assembly:

14. Take the Self Help Pole (1) and assemble through the Support Bracket Top and push into Support Bracket Bottom.



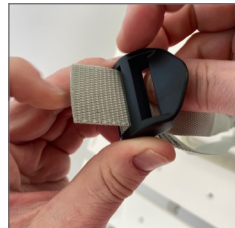
2. Pull the Handle Band (5) through the small hole in the Handle (2).



3. Pull the Handle Band through the pre-sewn loop on the band.



4. Pull the Handle Band through the inner hole of the black buckle.



5. Pull the Handle Band through the outer hole of the black buckle.



6. Pull the Handle Band down tight.

7. Hang Handle in between the stops on the Self Help Pole.



## Operation Instructions

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1. Set the handle height by adjusting the handle band's tightness.
2. The patient grabs the handle by one or two hands.
3. The patient pulls themselves in the desired direction to move within the confines of the bed. (Not to get in or out of the bed).
4. The Self Help Pole can be used together with other accessories for repositioning, by the guide of the caregiver.

Maintenance and service

Inspection, care and maintenance  
check list

User inspections of this accessory should be carried out together with the Floorline bed every 6 months.

Check: See bed description, accessories and all functions	<ul style="list-style-type: none"><li>• Check for Damage/Cleanliness</li><li>• Confirm Secure</li><li>• Perform Adjustment/Cleaning</li></ul>	OK	Faults: Action Cleaning Parts to Order
VISUAL CHECK of the Components			
Nuts/Bolts, Screws/Pins, Hinges/ Mounts/Bushes-component fixing points	Wear/Damage, Tighten & Secure Clean & Free		
Painted steel components	Intact, Clean & Securely Fitted		
PERFORMANCE CHECK			
Accessories	Confirm Full Operation		
Inspector's Name:	Inspector's Signature:		
Inspection result:	Date:		

If any problem persists, please call the customer service in your country.

Recycling

The product is built mostly from steel, or stainless steel. The surfaces have been finished with an electro-coated powdercoating.

Incorrect disposal of this equipment and its component parts may produce substances that are hazardous to the environment. Dispose of in accordance with all applicable national and local regulations.

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