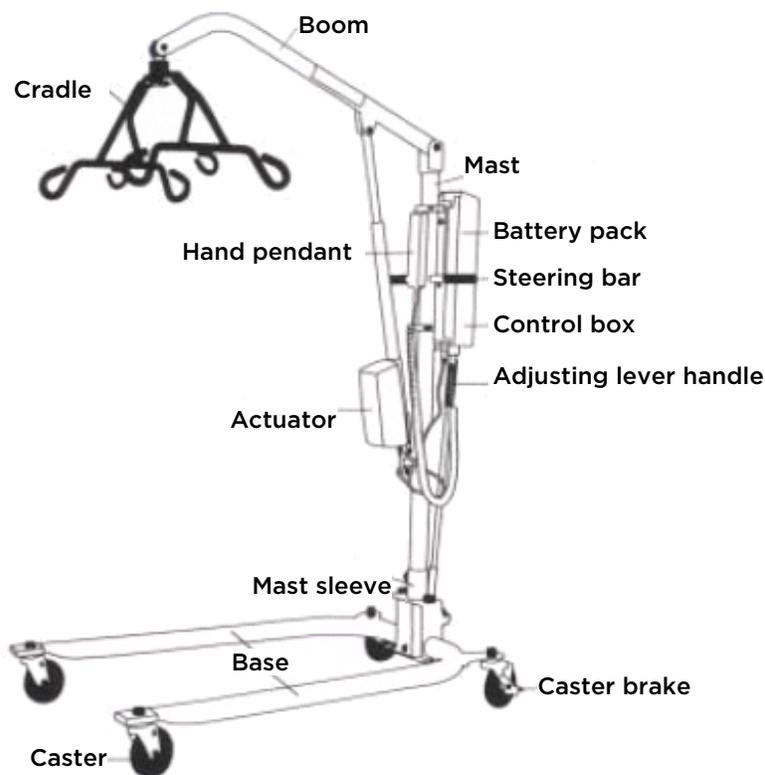


# How to Use a Hoyer Lift

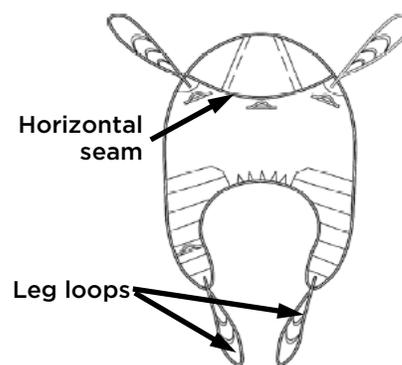
Hoyer lifts allow your child to be lifted and transferred with very little physical effort.



**A powered Hoyer lift**

There are 2 types of Hoyer lifts, manual and powered. They work about the same. Manual lifts have hydraulic cylinders and a hand-pump (not pictured). Powered lifts, such as the one pictured above, are battery-powered.

The U-Sling, pictured to the right, is the most common sling used for moving your child from bed. The U-Sling wraps around your child's thighs and crosses between their legs. This gives your child a secure feeling and keeps them from sliding out of the sling.



**U-Sling**

## To Learn More

- Physical Therapy  
206-987-2113
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Putting on the sling

1. Roll your child so they are resting on their side.
2. Put the folded sling behind your child's back and roll them onto their back.
3. Line the horizontal seam up with your child's shoulders.
4. Pull the leg loops forward and under their thighs.
5. Cross the loops.

### Lifting and moving your child

To raise your child, spread the base of the Hoyer lift to its widest position for stability.

To lower your child using a manual lift, open the hydraulic pressure release knob. The release knob is on the pump near the pump handle. Turn it counter-clockwise, less than one full turn. Battery powered lifts have a button on the hand control for lowering your child.

1. Roll the base as far under the bed as you can so that the cradle is over your child. Be careful not to lower the frame onto your child.
2. Ensure the caster locks of the lift are released before lifting your child. Let the lift move a little with the weight adjustment.
3. When both sides of the sling are attached to the cradle, raise your child slowly. If your child is in a hospital bed, it will help to raise the head section slightly.



**Positioning the Lift for Use**



**Properly connected sling to cradle**

4. Raise your child until their buttocks are just above the mattress. The self-leveling cradle will bring your child into a sitting position.
5. Grasp your child's legs and turn them, so their legs dangle off the side of the bed. Do not push or pull your child off of the bed. Lower the bed if you need more clearance.
6. Grasp the steering handles and move the lift away from the bed. Move your child into position over the seat of the wheelchair. Make sure the wheelchair brakes and the Hoyer lift's caster locks are on.
7. Lower your child into the wheelchair or other transport device.