

FAQ OF THE SIMPLY SENIORS' GAIT BELT



Your Best Daily Aid

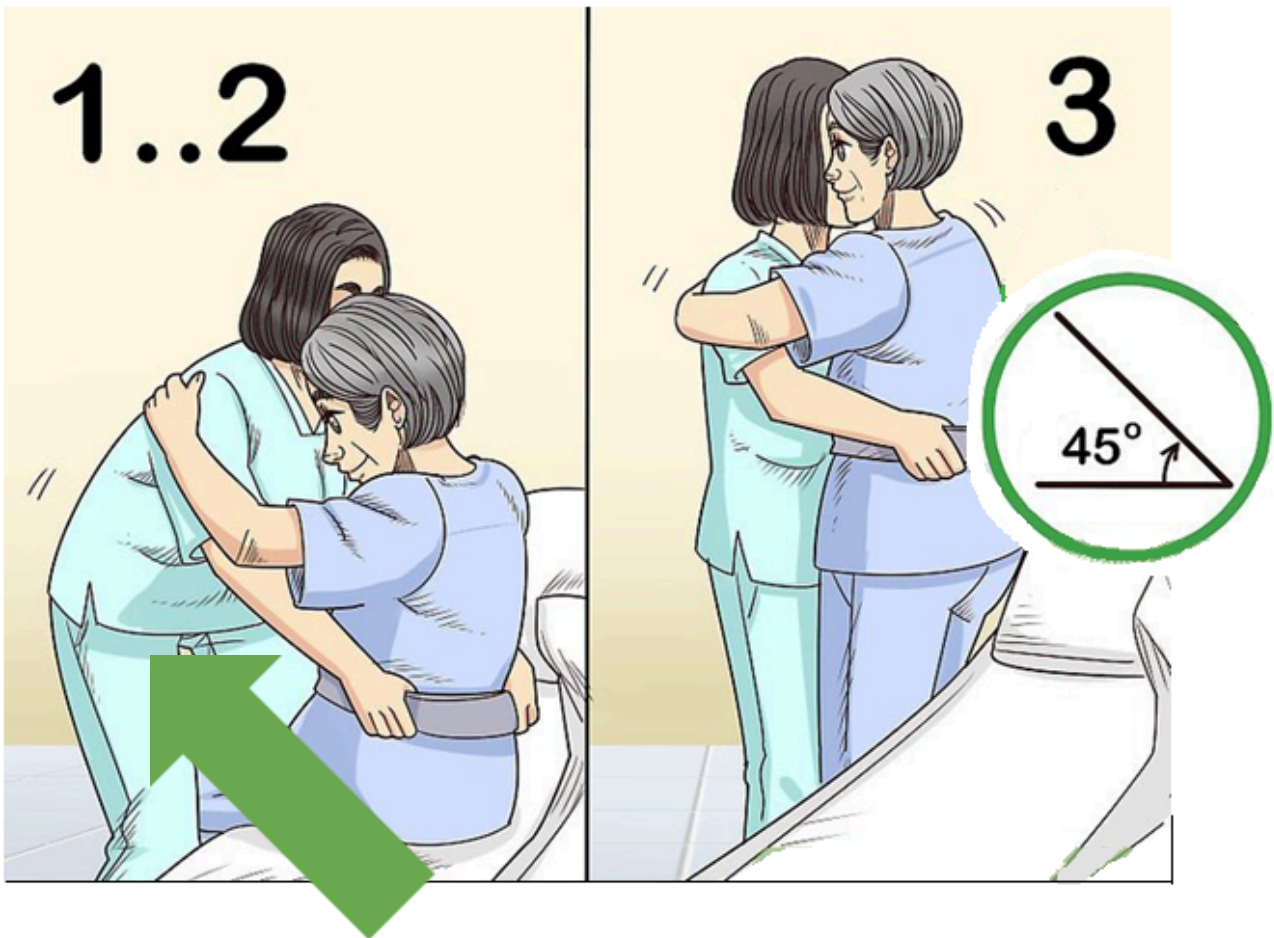


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1. How to Avoid The Belt Slip-Up?

To avoid the belt slipping up while you are trying to lift up the senior or patient, you must **NOT PULL STRAIGHT UP ON THE BELT** but **HELP TO DIRECT THE PATIENT FORWARD AND UP ON A DIAGONAL**, forming a 45° angle.



2. How to Prevent The Belt From Loosening?

To avoid the gait belt from loosening you must use the exclusive belt loop that this belt has.



With a belt loop:

- To increase your safety and avoid hazards by not letting the excess belt strap hang down onto the floor
- To prevent the belt from loosening
- To get a belt really safe and reliable

This belt loop adds an extra layer of security, reducing the chances of the belt becoming loose or shifting during movements.

Threading the strap of a gait belt through the belt loop is a step-by-step process that ensures the belt loop is properly attached and secured.

Here's how to do it:

1. Thread Through the Loop:

Thread the strap over the top of the integrated belt loop and then back down through the loop, creating a loop around it.



2. Adjustment:

Slide the strap through the loop until it is snug. Make sure it's not too tight to cause discomfort.

3. Positioning:

With the strap threaded through the integrated belt loop, continue to lay the gait belt around the individual's waist, making sure the loop is positioned at the side of the body.

4. Double-check:

Ensure that the integrated belt loop is properly threaded and positioned on the side of the body.

Check that the gait belt is secure and that the buckle is properly fastened.



5. Assistance and Transfers:

With the gait belt properly attached and the strap threaded through the integrated loop, the belt is ready to assist with transfers or provide support during movement.



3. How Many Pounds Can It Go Up To?

We have tested this gait belt with handles on persons up to 300 pounds. One of the tests was to pretend to fall and "drop" back and we were able to safely control and lower him to the ground without any injury to ourselves, our back, and him.

This gait belt for the elderly is well made, with strong nylon webbing, and the belt stitching is enhanced for extended durability.

How Many Pounds Can It Go Up To



Support Up To
300lbs



4. What Are The Smallest And Largest Waist Sizes?

The smallest waist size is about 26" and the largest is 54".

For a thin senior or patient, other belts will not avoid the excess belt strap hanging down, except this one due to its exclusive belt loop, letting the patient feel safer.

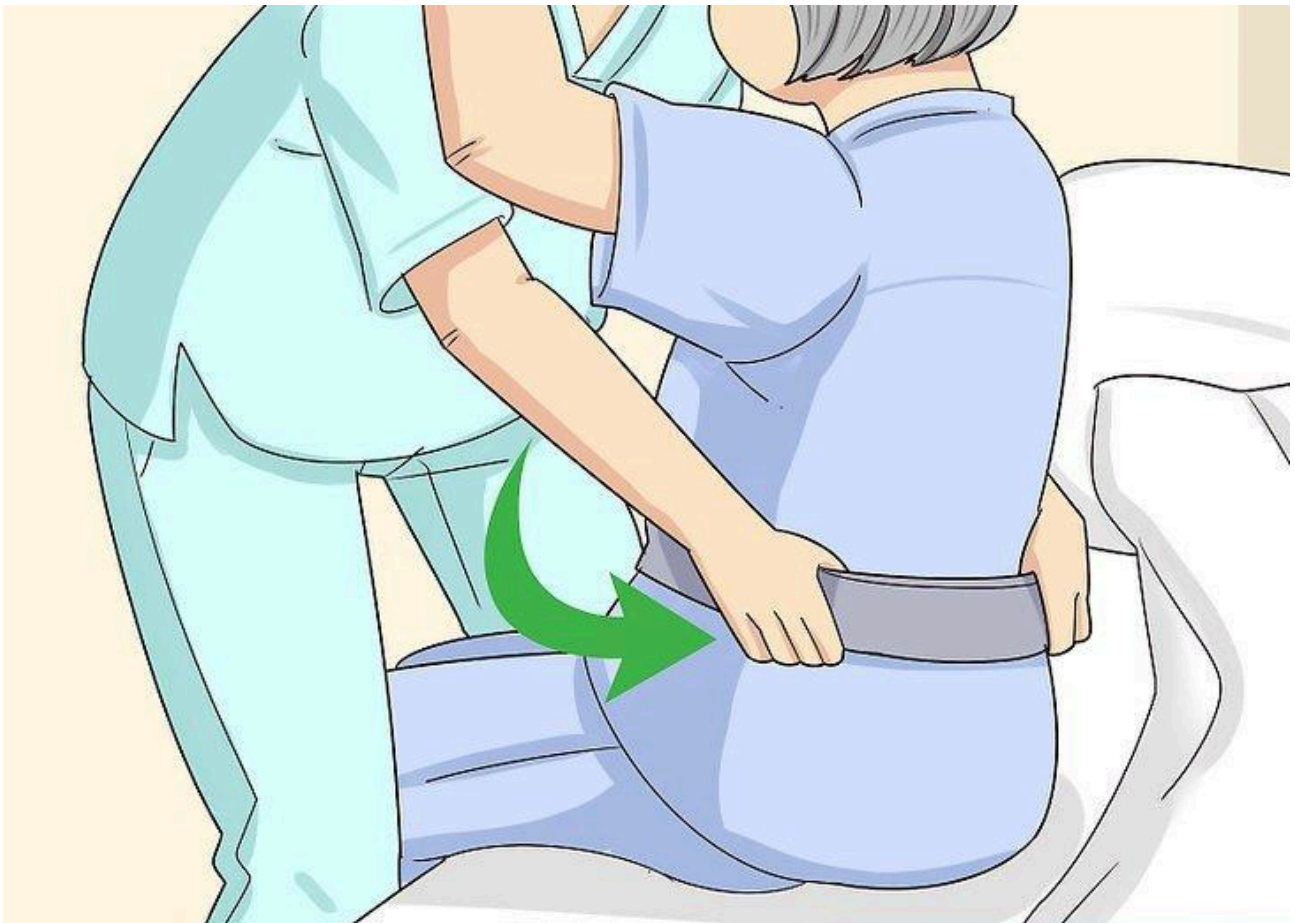
EASY TO ADJUST FOR DIFFERENT WRIST SIZES



Adjustable Waist
26" - 54"

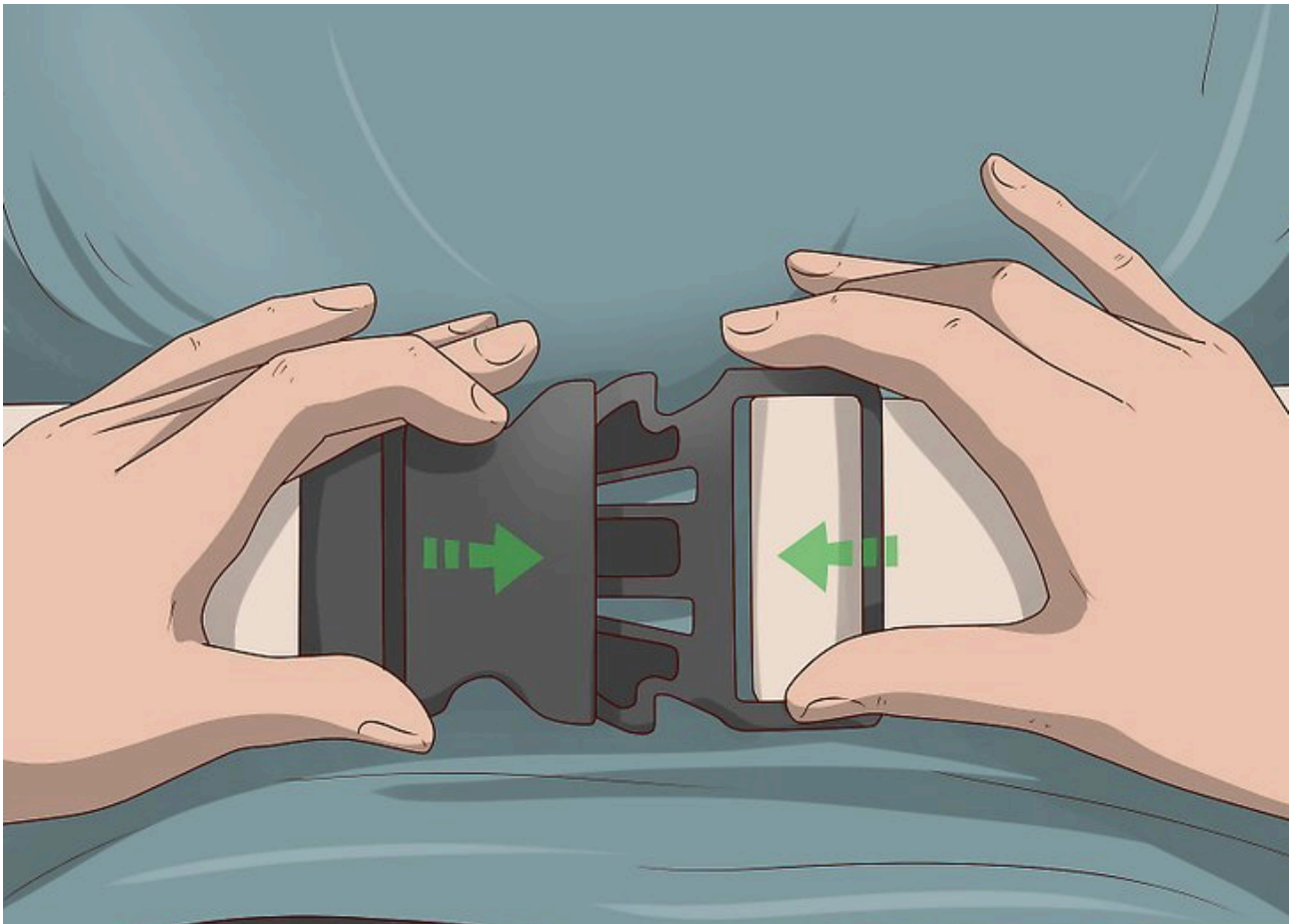
5. How to put your hands on the belt to lift the patient?

Lock your hands on the handles of the gait belt. Stand as close as possible to the patient and reach around their chest with your hands. You can hold the gait belt between your hands and line up your arms with the belt to create friction.



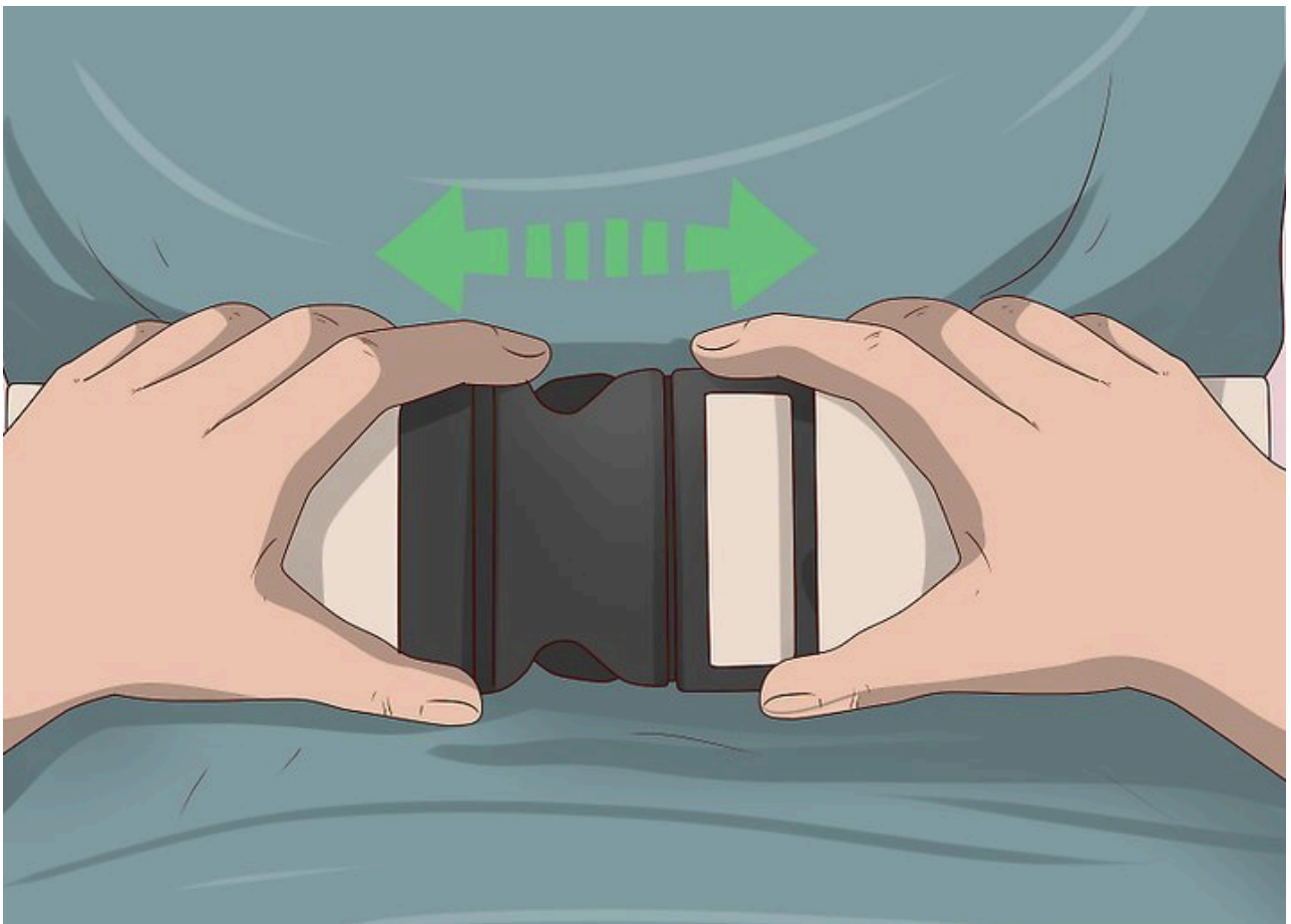
6. How To Put and Buckle The Gait Belt

1 Snap the two sides of the plastic buckle together. The Simply Seniors' gait belt has 2-piece buckles located on either end of the belt strap. To secure the buckle, push the "male" side into the "female" side until you hear a snap, then tug on the closed buckle to make sure it's secure.



2 Move the buckle to the right or left of the patient's belly button. As with a standard gait belt, the buckle can cause discomfort if it's positioned directly over the center of the patient's abdomen.

Slide it a little to the right or left of the center, based on the patient's preference.



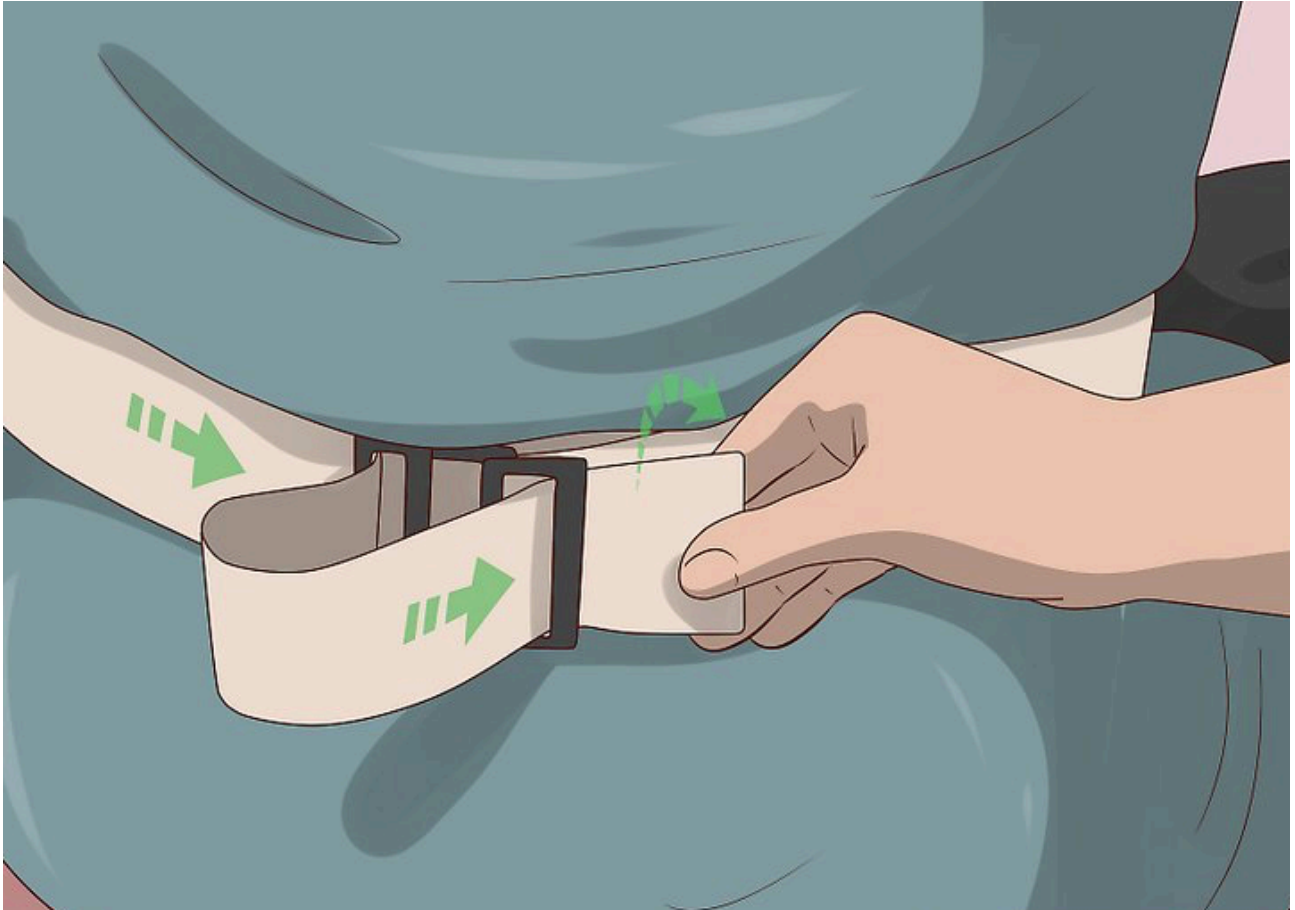
3 Pull the loose end of the belt strap to secure the belt tightly. Some excess belt straps will already be looped through and hanging free from one of the sides of the buckle—typically the "male" side.

Pull on the strap until the belt is at the proper tightness around the patient's waist, with the bottom of the belt just touching the tops of the hip bones.

You should be able to slide your fingers behind the belt, but not be able to pinch the fabric between your fingers.

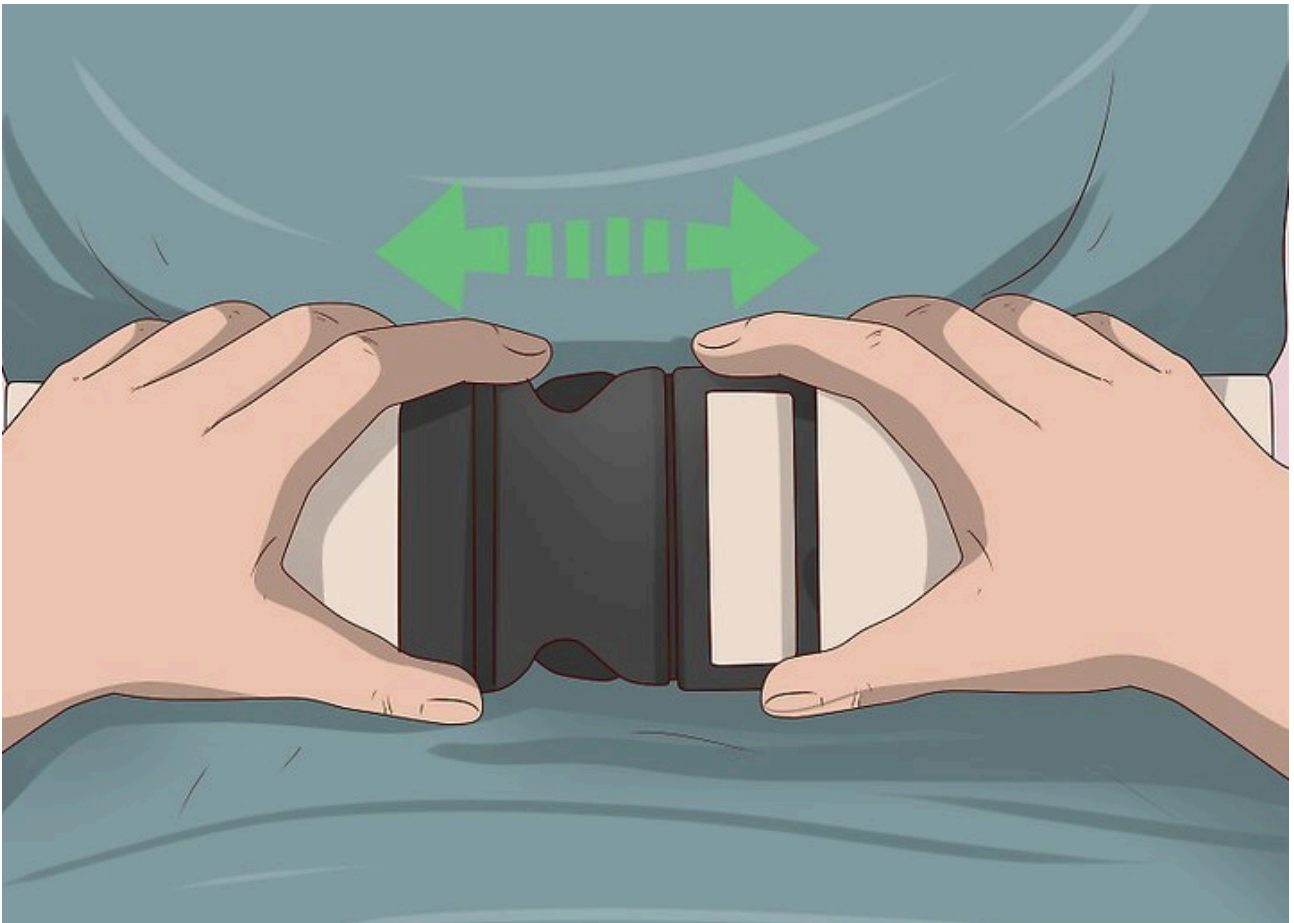


4 Tuck the loose strap end into the belt for safety reasons. The excess belt strap can be a tripping hazard, so get it out of the way by using the belt loop and if it is necessary tucking it once or more behind the fitted belt.



7. How To Unbuckle the Belt

To unbuckle the belt, simultaneously press down on the tabs at the top and bottom of the closed buckle, and pull the 2 buckle components apart at the same time.





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*Thank you for purchasing
Simply Seniors' Gait Belt!!*