

## Mangar International

Established in 1981, Mangar International is a world leader in the design, manufacture and supply of inflatable moving and handling equipment. We are an award winning company that serves a global healthcare market.

Our inflatable lifting cushions called Camel and ELK, are used in healthcare settings and emergency services across the UK, Europe, the USA, Canada and Australia.

Moving fallen residents is a regular part of the working day for many healthcare professionals and the repetitive nature of the work can cause serious back injury or musculoskeletal disorders. The ELK and Camel inflatable lifting cushions enable a safe lift for both professional and patient and are a practical solution to a daily challenge.

### The benefits of using the Camel and ELK:

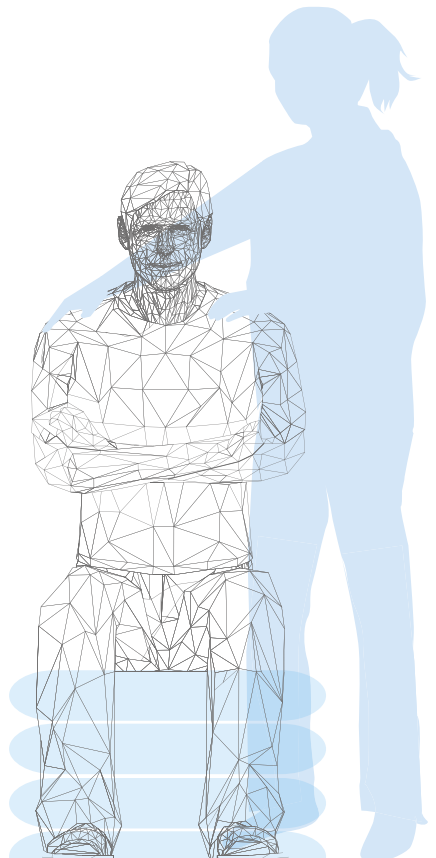
- Reduce the risk of musculoskeletal disorders
- Protect staff
- Reduce costs
- Maintain patient dignity

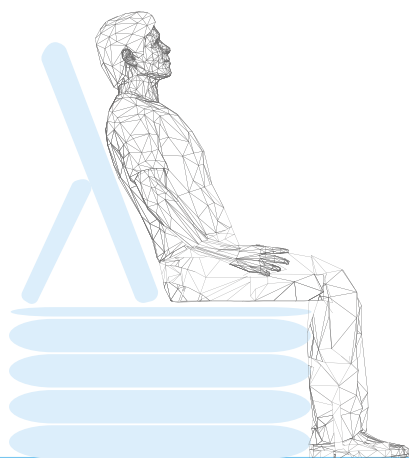
## Contact Us Today

For a free demonstration please call **0800 2800 485**  
or email [sales@mangar.co.uk](mailto:sales@mangar.co.uk)

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[www.mangar.co.uk](http://www.mangar.co.uk)





## Safe patient lifting

We understand that hazardous manual lifting techniques, associated with moving and handling can not only be distressing and undignified for residents, but can also increase the risk of injury to staff.

The Mangar ELK and Camel lifting cushions are practical, efficient manual handling products that are used in care home settings across the world. Inflated by an Airflo Plus Compressor, a fallen person can be lifted in minutes.

The unique design and portability means the lifting cushions can be used anywhere in your care home or outside.

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### Easy to use

No additional accessories are required to complete a lift - one size fits all. The ELK lifts up to 450kg (70 stone) and the Camel 350 kg (50 stone). Very little staff training is required.

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### Easy to clean

Lifting cushions are made from a hydrophobic material and can be cleaned using a detergent solution or alcohol impregnated wipe.

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### Easy to transport

Lifting cushions are battery powered, durable, compact and lightweight, making them easy to transport.

Moving and handling injuries accounts for 40% of work-related sickness absence in health & social care



45% of fallen people do not require a visit to hospital

## Key Benefits of Lifting Cushions

- **Reduced** risk of musculoskeletal injuries to staff and the associated costs including:
  - Agency staff to cover absenteeism.
  - Recruitment costs through staff loss.
  - Compensation claims.
- **Reduced** disruption when a resident falls:
  - Quick access to outside areas and confined spaces such as toilets, bedrooms and hallways.
  - A dignified lift reduces upset to the fallen person and other residents.
  - Residents with dementia or a cognitive impairment remain calmer when lifted with a lifting cushion than with other manual handling devices.
- **Improved productivity:**
  - Staff who pick up a musculoskeletal injury lifting residents can become resistant to further manual handling tasks. The lifting cushions reduce the risk of musculoskeletal injury.
  - Uninjured fallen residents can be lifted without the need to wait for an ambulance. This frees staff up to continue with their duties, rather than spend time sitting with the resident who has fallen.
  - Residents who are uninjured could wait up to seven hours for an ambulance
- **Improved wellbeing** of residents and their families:
  - Completing a controlled, dignified lift reduces the likelihood of a long lie on the floor and increases the chance of a good recovery.
  - Families of residents find using a lifting cushion, particularly in public areas, a more dignified way to care for their relative.



## The Propensity of Falls in Older People

In the UK, around 30% of adults who are over 65 and living at home will experience at least one fall a year. This rises to 50% of adults over 80 who are either at home or in residential care.

There is a direct correlation between recovery and how long people lie on the floor after a fall. Safely lifting a fallen person as quickly as possible is a daily challenge for healthcare professionals as the sooner the lift is completed, the lower the risk of a subsequent hospital admission. Remaining on the floor for more than an hour after a fall is associated with high mortality rates among people aged over 65 and is known as the **Golden Hour**:

- **20% of patients** admitted to hospital as a result of a fall have been on the ground for an hour or more.
- **50% of these will die** within six months.

Research by South West Ambulance Service in 2009/10 found that 15% of the call outs they received were to care homes. When residents fall in a care home setting, staff time is diverted from planned care as they look after the fallen person to wait for the ambulance. Each time an ambulance is deployed it costs the taxpayer approximately £300.

A 2010 Cardiff University study found that in England and Wales, 10% of 6,694,172 ambulance call outs were to falls of people aged over 65. Of these, 45% did not require further medical attention and were not transported to hospital.

This equates to a £90m bill for the tax payer.

## Why People Fall

Falls can be due to medical conditions, medication and environmental factors. Common reasons include:

- **Neurological disorders** – people with a neurological disorder may display symptoms such as paralysis, muscle weakness, poor coordination, seizures or confusion. More common disorders include epilepsy, Parkinson's disease, multiple sclerosis, stroke, Alzheimer's and dementia.
- **Disabilities** – disabilities include physical, cognitive, mental, sensory and emotional impairments. 18% of the UK population have a condition that limits their day to day activity.
- **Ageing effects** - The ageing population in the UK is projected to double by 2030 and the incidents of falls increase proportionately. (National Service Framework for Older People Standard Six: Falls, Help the Aged, Preventing Falls.)
- **Obesity** – The UK has the fifth highest obesity rate in the world. Plus size or bariatric patients face daily mobility challenges and face a heightened risk of health issues such as diabetes, respiratory and cardiovascular disease and cancer.
- **Polypharmacy** – Medications associated with some conditions such as diabetes, low blood pressure and cardiac problems, or where a mix of prescription drugs are required, may become drowsy, suffer dizzy spells or experience poor coordination.
- **Environmental** – Falls will also happen because hazards in the home environment. This may be poor lighting, slippery floors, steep stairs or clutter.



## Who uses Mangar Lifting Cushions

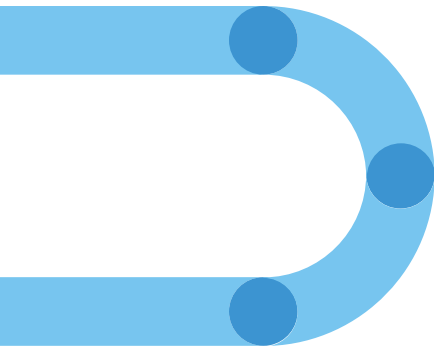
The ELK and Camel have been used for more than 10 years in a range of settings, such as care homes, housing associations, hospitals, telecare response teams, emergency services and in the community. The Mangar lifting cushions reduce the risk of injury to healthcare professionals including care assistants, nurses, occupational therapists, physiotherapists and paramedics.

The controlled, safe and dignified lift provided by the lifting cushion means it is particularly useful for lifting fallen people in the following environments:

- Elderly Care
- EMI nursing and care homes
- Rehabilitation facilities
- Dementia Care
- Bariatric Care
- Ambulance and first response services
- In the home



UK nurses, care workers & nursing assistants combined account for 11% of total reported injuries (HSE)



## What our customers say

### Richmond Village Retirement Homes

"What I particularly like about the Camel is that we can just grab it and run."

### Perry Tree Centre, Birmingham

"The Camel is the most dementia friendly lifting equipment available."

### ARV Independent Living Centre Villages, Australia

"I can't recommend this piece of equipment highly enough."

### Heritage Property Management, USA

Workers compensation pay outs drop by 80%.



Above: Resident Mary Edwards, 90 tests the Mangar Camel for stability and comfort.

## Some of our clients

ARV Independent Living

Bield Housing

Chislehurst Care

Fivestar Retirement Living

Institute Of Our Lady of Mercy

New Church Housing Services

St Michael's Hospice

Sunrise Senior Living

Perry Tree Centre

Richmond Ambulance

All UK Ambulance Trusts

Cornwall County Council

Hampshire County Council

Kent County Council

Leeds City Council

Moray Council

Northumberland County Council

Borders Health Board NHS

Dorset Healthcare University Foundation Trust

Health of England NHS Foundation

NHS Supply Chain

Brandon Trust

NRS Healthcare

The Kent Multiple Sclerosis Therapy Centre

The Pluss Organisation

## Safe patient lifting check list

	Yes	No
Do your residents have a fear of falling?	<input type="checkbox"/>	<input type="checkbox"/>
Do your residents fall in confined areas where it is difficult to use your current manual handling equipment?	<input type="checkbox"/>	<input type="checkbox"/>
Do residents with dementia become distressed when lifted with your current manual handling equipment?	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly call the ambulance service to lift fallen residents?	<input type="checkbox"/>	<input type="checkbox"/>
Do your staff leave important duties to sit with fallen residents while they wait for an ambulance?	<input type="checkbox"/>	<input type="checkbox"/>
Do staff take time off to recover from work related manual handling injuries?	<input type="checkbox"/>	<input type="checkbox"/>
Do staff who have sustained a musculoskeletal injury resist further moving and handling activity?	<input type="checkbox"/>	<input type="checkbox"/>
Would you and your residents prefer a more dignified method of safe lifting?	<input type="checkbox"/>	<input type="checkbox"/>

**If you have answered yes to any of the above, talk to us about the Mangar lifting cushions.**

For a **FREE** demonstration, call **0800 2800 485**

For a **FREE** DVD, email [sales@mangar.co.uk](mailto:sales@mangar.co.uk)

For more information visit [www.mangar.co.uk](http://www.mangar.co.uk)



# Safe Patient Lifting



Maintain Patient Dignity

Reduce Costs

Protect Staff

Reduce the Risk of  
Musculoskeletal Disorders



# Using a lifting cushion

## Assess

The lifting cushions can be used once you have established the fallen resident is uninjured but needs help to return to their feet. Please follow your organisation's manual handling guidelines when lifting a fallen person.

## Position

Depending on whether you are using the ELK or the Camel, positioning will vary slightly.

**Camel:** In many cases, the patient is able to shuffle backwards onto the Camel independently. If this is not possible, from the recovery position, the carer places the Camel directly behind the person with the Camel badge in line with their head. The carer should then position a slidesheet lengthways under the person to enable them to be easily manoeuvred onto the Camel. The slidesheet is then removed.

**ELK:** From the recovery position, the ELK is folded under itself and positioned parallel with the person's belt line. The person is then rolled onto their back and the ELK is unfolded so that it is lying flat underneath them. If the person is able to sit, the ELK is folded under itself and the patient asked to lean to one side while the cushion is positioned under them. They then lean in the other direction and the ELK is unfolded, ready for inflating.

On the ELK, the person is encouraged to sit up and can be assisted using recognised moving and handling techniques if required. The person needs to be sitting centrally on the ELK, as close to the back as possible. Once the person is in the seated position, and with arms folded, the carer gives support from behind for the duration of the lift.

## Inflate

Simple to set up, lifting cushions inflate at the touch of a button, using an Airflo Plus compressor. The four coloured and numbered airlines are simply connected to each section of the lifting cushion.

The handset is operated by pressing and holding numbered buttons in sequence. The Airflo will stop automatically once each section is fully inflated.

Three sections will usually be sufficient to enable transfer but a taller person may need all four.

## Transfer

The resident can be helped to a stand or side transferred to a chair once the lift is completed.

When using lifting cushions always follow your organisation's manual handling guidelines.



## Consequences of injury

Resident falls are a regular part of the working day in a healthcare environment and performing a safe lift is vital for both the wellbeing of the fallen person and the health professional. Injuries among healthcare professionals can be costly not only to employers and employees but also can negatively impact the quality of care that a patient may receive.

### Consequences for the employer

When an employee is affected by a musculoskeletal injury the impact on the employer can be significant as skilled, experienced staff take time off to recover.

**Financial implications such as compensation claims and human resource costs including:**

- **Recruitment** - advertising, interviewing and background checks
- **Enhanced** fees for agency personnel
- **Overtime** payments
- **Training** of new staff
- **Reduced** productivity as new staff learn the job

**Using the appropriate equipment, such as a lifting cushion brings financial benefits:**

- **Reduced sickness days** from musculoskeletal disorders
- **Increased** staff productivity
- **Reduced** compensation claims

### Consequences for the patient

In the UK, 50% of adults over 80 will experience at least one fall a year (HSE) and the impact can be considerable causing injury, psychological difficulties and social isolation. Lifting fallen people safely and with dignity is essential to managing future fears. If a patient is dropped, or hurt during a manual handling procedure, further complications and potential hospitalisation is likely.

Research by the American Journal of Epidemiology shows the fear of falling in the elderly will subsequently reduce their quality of life. Fear of falling among older people

### Consequences for the employee

Evidence suggests repeated manual lifting is a leading cause of musculoskeletal disorders in healthcare workers.

**Consequences for employees are:**

- **Ongoing pain** suffered through a musculoskeletal disorder
- **The loss** of their ability to perform duties
- **Time off required** to recover and recuperate, often resulting in reduced earnings
- **No longer able to work** in a healthcare or moving and handling environment and require new training
- **May need** to take early retirement
- **Lifting cushions** only require one carer, particularly useful for night shifts in care homes when less staff are on duty.

occurs in approximately 30% of those who have never fallen and 60% for those who have fallen previously.

The patient becomes more dependent on others and less mobile, and begins to cut their daily activities. As the fear of falling increases and activity diminishes, muscle strength weakens causing more and more falls. Falls are often considered a contributing reason for admission to a nursing home.

...a practical solution to a daily challenge

## ELK Lifting Cushion

The Mangar ELK is a lifting cushion designed to lift the frailest individual to a plus size or bariatric patient from the floor in a safe and dignified manner.



### Key Benefits

- **Reduce** the risk of musculoskeletal injuries and the associated costs
- **Provides a safe, dignified lift**
- **Ideal for confined spaces**, such as bathrooms or hallways
- **Can be used inside or out**, including when travelling or on day trips
- **Does not need** a LOLER certificate
- **Lifts** up to 450kg (70 stone)
- **Easy to use**, with minimal staff training required
- **Battery powered** and portable
- **Designed to lift** a person from the floor with the help of only one carer
- **Easy** to store
- **Easy** to clean

50% of serious injuries in care homes are as a result of manual handling (Aviva UK)

Maximum user weight	450 kg (70 stone)
Maximum height	56 cm/22"
Minimum height	Flat
Seat depth	50 cm/20"
Width	57 cm/22.5"
Cushion weight	3.6 kg (8 lbs)
Compressor weight	6 kg (13 lbs)

### Accessories

#### Charging Cradle and Battery Pack

The battery in an Airflo Plus is detachable and can be charged separately in a charging cradle. This means a spare charged battery is always available for use when required.

#### Slide Sheets

There will be times a patient is unable to help themselves transfer onto a lifting cushion and a slide sheet is required to help manoeuvre the individual to the correct position. The slide sheets are a tubular shape and have handles to help when moving the patient. The surface of the material allows the patients to be moved easily in any direction.

# Camel Lifting Cushion

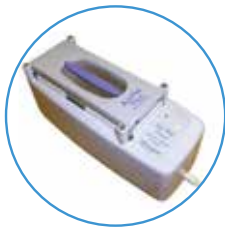
With an inbuilt backrest, the Mangar Camel is a lifting cushion that offers a fully supportive lift for a person up to 320kg (50 stone) with minimal moving and handling requirements.



## Key Benefits

- **Reduce** the risk of musculoskeletal injuries and the associated costs
- **Provides a safe**, dignified lift
- **Lifts** up to 320 kg (50 stone )
- **Suitable for** plus size or bariatric patients
- **Can be used** inside or out, in public areas and care home gardens
- **Does not need** a LOLER certificate
- **Easy to use**, with minimal staff training required
- **Battery powered** and portable
- **Designed to lift** a person from the floor with the help of only one carer
- **Packs** away into a compact bag

Maximum user weight	320 kg (50 stone)
Maximum height	56 cm/22"
Minimum height	Flat
Seat depth	47 cm /18.5"
Back/headrest length	81 cm/32"
Total length	112 cm/44"
Width	70 cm/27.5"
Cushion weight	3.6 kg (8 lbs)
Compressor weight	6 kg (13 lbs)



Established- lifting cushions have been in use for more than 10 years