

HipSaver Soft Hip Protectors (underwear)

HipSaver Activs (long casuals)

User Instructions

Intended Purpose: HipSaver Soft Hip Protectors have been designed to help prevent fall-related hip injuries and hip fractures in frail elderly people at risk of falling. However, some hip fractures cannot be prevented, and the manufacturer makes no implied or express guarantee that the product will always prevent hip injury.

Description: HipSaver undergarments: HipSavers are user friendly padded underwear garments, whilst HipSaver Activs are comfortable casual long pants. There are 2 soft airPads permanently sewn-in over the hip bones in the standard models of Hipsaver products. HipSaver TailBone models have an additional rectangular pad sewn-in over the tail bone (coccyx) area of the lower back. The hip pads and the coccyx pad help to prevent fall-related hip injuries, hip fractures and painful bruising to the lower back. The pads are soft and comfortable for 24-hour wear, because many falls and fall related injuries occur at night during toileting trips. User feedback indicates that for optimum practicality, users should aim to have 3 HipSaver undergarments: one worn, second in a wash, third clean and ready for use. During wear, HipSaver pads warm up to body temperature, soften and mould themselves into the body contour. Only you will know that you are wearing protective HipSaver.

HipSaver Activs (long pants): HipSaver Activs are long comfortable pants with protective pads over the trochanteric areas, whilst HipSaver Activs TailBone feature 2 round protective pads over trochanteric areas and 3rd pad over the coccyx area at lower back. HipSaver Activs can also feature thick protective fabric pads over the shins and/or knees to cushion and protect the shins and/or the knees from accidental bumps and knocks and when kneeling (i.e. during exercising or gardening). During wear, HipSaver pads warm up to body temperature, soften and mould themselves into the body contour. Only you will know that you are wearing protective HipSaver.

HipSaver styles: HipSaver SlimFit/HipSaver is designed for people without major continence problems. Available in male/female models. TailBone models available. / HipSaver Nursing Home Style, HipSaver Quick Change, HipSaver OpenBottom are incontinence friendly models and accommodate all sizes of pads, diapers and catheters. Available in male/female models. TailBone models are available in Nursing Home Style and Quick Change. /HipSaver Activs are unisex.

Sizing: XXS 60 – 69 cm/XS 70 – 81 cm/ S 82 – 92 cm/ M 93 – 102 cm/ L 103 – 114 cm/ XL 114-127 cm/ XXL 128 – 146 cm/ **Measuring for size:** Measure circumference around the top of thigh bones (i.e. over trochanters).

Getting dressed: HipSaver (underwear garments): HipSaver undergarment is a personal reusable underwear with protective padding. You should wear it and care for it as for your normal underwear. During dressing, it is best to sit comfortably and stand up for the final pull on of the pants. HipSaver protective airPads are large enough to always protect your hips, even if you wear HipSaver back to front or inside out. If you are weak, frail or suffer dizziness, it is prudent to ask someone (i.e. carer) for help with dressing. / **HipSaver Activs (long pants):** HipSaver Activs are long comfortable casual pants and you should wear HipSaver Activs over your underwear instead of your normal trousers or

sweatpants. During dressing, it is best to sit comfortably and stand up for the final pull on of the pants. HipSaver protective airPads are large enough to always protect your hips, even if you pull on and wear HipSaver Activs back to front or inside out. If you are weak, frail or suffer with dizziness and/or loss of balance, it is prudent to ask someone (i.e. carer or a relative) for help with dressing.

Fabric composition: HipSaver underwear garments (HipSaver SlimFit, HipSaver Nursing Home Style, HipSaver Quick Change, HipSaver Open Bottom): 46% cotton, 46% polyester, 8% spandex / HipSaver Activs long pants: 100% polyester / HipSaver protective pads (i.e. round hip pads, rectangular coccyx pad): memory foam permanently encapsulated in polyurethane film / HipSaver Activs shin and knee pads are made of fabric layers: 86% polyester, 14% spandex

Washing instructions: All HipSavers (i.e. underwear and long pants) are machine washable with mild detergent at up to 95° C. There is no need to use fabric softeners or conditioners, because they can leave unwanted residues on the fabric. Tumble dry at medium to hot heat or air dry. Do not dry HipSavers on hot radiators. Do not bleach, dry clean or iron.

Usability: Hipsaver Soft Hip Protectors are garment-like products for single users. For hygiene reasons, other people must not try or wear your HipSavers. / HipSaver Activs are long casual pants for single users. Wear your HipSaver Activs over your normal underwear. For hygiene reasons, it is best not to allow other people try them or wear them.

Durability: HipSavers are reusable garments with life span like normal clothing. When HipSavers show visible signs of wear and tear or physical damage (i.e. such as stubborn staining, worn out fabric, damage to protective pads, protective pads taking water during washing), you should replace your HipSavers.

Storage: Washed and dry HipSavers must be stored in dry and clean cupboards away from contaminants, such as liquids or powders and pollutants, such as dust, mildew or mould. You can store your HipSaver(s) with your normal clean clothing or alongside clean bedding items.

Travel: For travel, wrap your HipSavers securely in tissue paper and place in a clean polyethylene bag. Protect your HipSavers from contamination by dirt, dust, rain and spilled liquids. If accidental soiling occurs, wash and dry as recommended above.

Shipping: There are no special precautions for shipping HipSavers other than the products should be placed in a polyethylene or paper bag and securely wrapped/packed to prevent damage during transit. If receiving your HipSavers by post or delivery carrier, please ensure to check for any damage to packaging and subsequently to the contents of the package (i.e. soiled, stained, torn, potentially contaminated). Contact the supplier, if product damage is identified.

Disposal: Ensure that soiled HipSavers are washed prior to disposal in normal household waste or as regulations require in care institutions.

Contraindications and side-effects: No known or reported incidents.

Warnings and precautions: Do not dry on hot radiators. Do not bleach, dry clean or iron.

Contacting us: Please contact us (Win Health Medical Ltd) via e-mail (info@win-health.com) or by phone (01835 864866) during working hours Monday-Friday 9 am – 5 pm, excluding Bank Holidays, if you have any questions in respect of the HipSaver products. Our Customer Care Team are always happy to help!