THE WRIGHT STUFF

Health Care Products that make life a little easier

Short video clips can be viewed @ www.ezyasabc.com

EZY-AS™ Instruction Guide

STEP BY STEP INSTRUCTIONS WITH HELPFUL TIPS

TOPICS ARE COVERED BY THE FOLLOWING QUESTIONS

HOW DO I ...

place the garment over the applicator? Pages 2 & 3

use it to apply a stocking to another person? Pages 4 & 5

use it to apply a stocking to myself? Pages 6 & 7

use the optional Handle Attachment? Pages 8 & 9

apply an Arm Sleeve or Gauntlet? Pages 10 & 11

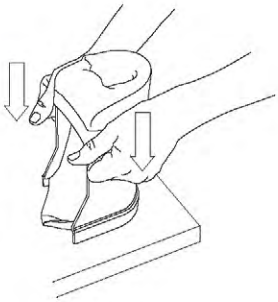
ezy-as® THE AUSSIE SOLUTION

Australian Made and Owned

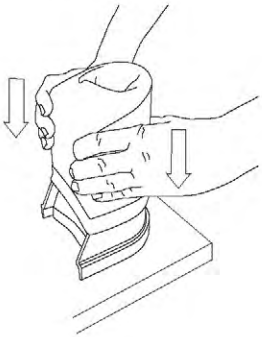
Loading your garment onto the applicator

(Step 1) Position the applicator on a firm surface at a comfortable working height with the elongated hole facing you.

(Step 2) Ensure the heel of your stocking is centred as you lower the garment into the applicator.



(Step 3) Spread the top band of your garment over the rim and down the outside of the applicator.



(Step 4) Grip your garment and slide it down over the outside of the applicator.

(Step 5) Repeat step 4 until the heel pocket is at the top and aligned with the center of the applicator.

Helpful tips

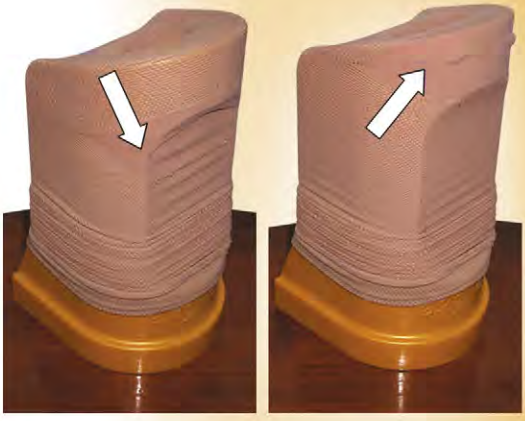
Please ensure that your garment is **not inside out** before you begin.

Do not gather up your stocking when opening it over the top rim.

Using a low bench or coffee table makes it easier as it requires less effort to push the garment onto the applicator.

For those who have limited hand strength the use of **extra grip gloves** can help tremendously. Both rubber and cotton types are available from most supermarkets.

Adjust the position of the heel pocket to suit the garment you are wearing and your foot type.



For example, a closed toe garment such as a sock or anti-embolism stocking, position the heel down further so the toe section is closer to the top.

How to apply a stocking to another person

When applying an open toe stocking grip the stocking against the applicator to prevent it from sliding off as you position it over the toes.

Once the heel pocket is in place release your grip and slide the stocking along the sides of the applicator with your hands.

Make the final adjustments to the stocking according to the garment manufacturers guidelines.
Ensure the heel and toe are in the correct position, the stocking is at the correct height and there are no wrinkles.

Helpful tips

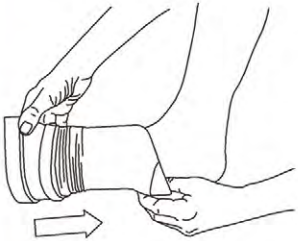
This photo shows the applicator being used the **WRONG WAY ROUND**.

The elongated hole must be on the same side as the patient's heel to allow the applicator to change direction around the foot.

The EZY-AS™ is an ideal solution for carers and nursing staff who apply anti-embolism stockings and tubular bandages to patients who are confined to bed.

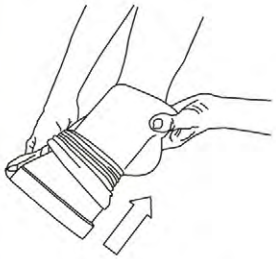
After donning the garment simply rotate the EZY-AS™ 90 degrees and it's free of the limb.

How to apply your stocking unassisted



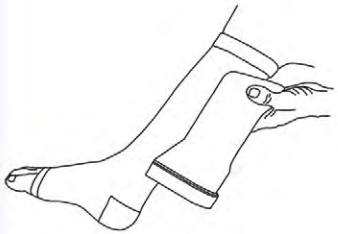
Seated in a cross legged position, place your loaded applicator over your toes. Holding the heel pocket as your toes enter the stocking.

Release the heel pocket of your garment as it aligns with the heel of your foot.



Your heel will slide into the elongated hole as you continue to move the applicator along your foot. As the EZY-AS™ changes direction around your ankle slide your stocking along the outside to assist in making it a smooth turn.

Slide your garment along the outside of the applicator as you move it towards your knee.



When fitting the above knee type stockings remove the EZY-AS™ at the base of your knee by simply moving it backwards to free it and continue to slide the upper leg portion of your garment into place by hand.

Helpful tips

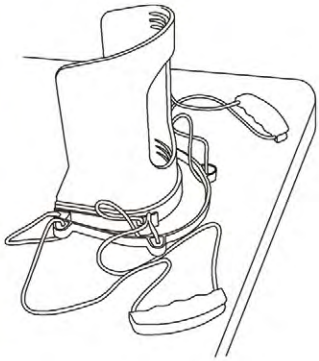
Start to apply the open toe stocking by holding the heel pocket against the body of the applicator. This prevents the garment from slipping as your foot enters the stocking.

Another option for people with a restricted range of movement is to place the applicator on the floor and lower their foot into the stocking. The use of a suitable piece of furniture such as a table or chair for extra support should also be considered. Please **do not** attempt this method if you are unable to stand safely on one leg.

The optional handle attachment is able to help clients who have poor balance and difficulties reaching their feet.

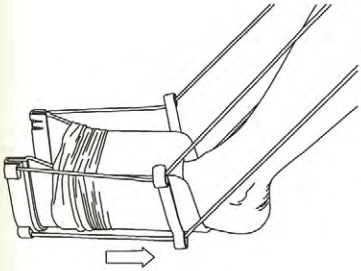
Using the optional Handle Attachment

(The Handle Attachment is sold as a separate item)

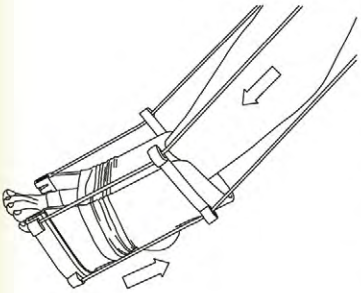


Place the handle grips in a position where you can easily pick them up again after you have loaded your garment onto the EZY-AS™

For instructions on how to load your garment onto the applicator turn to Page 2.



While seated, pick up the applicator via the handle grips and lower it to the floor. Start your foot into your stocking by pulling slowly on the handles.



Extend your leg out while holding pressure on the handles and your heel will be guided into the elongated hole as the applicator changes direction around your foot.

Use the handle until you are able to reach your stocking and slide the remainder into place by hand.

Helpful tips

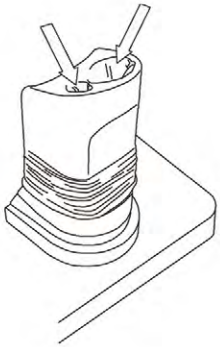
After your heel has entered the elongated hole you may prefer to bend your leg at the knee and place first the applicator and then your foot flat on the floor.

The optional handle attachment is designed to fit any size applicator in the EZY-AS™ range.

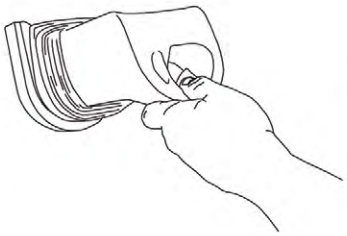
When not in use, roll the ropes around the main body of the applicator to help prevent rope tangles.

Many people report the EZY-AS™ with handle provides a simple solution to applying ordinary socks.

How to apply your arm sleeve or gauntlet

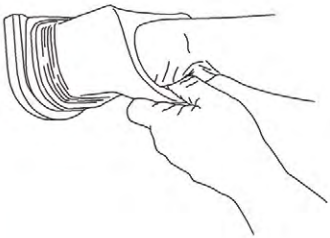


When you load your gauntlet style arm garment over the applicator bring the opening for the fingers and thumb to the centre of the top rim. (As indicated by the arrows in this first drawing)

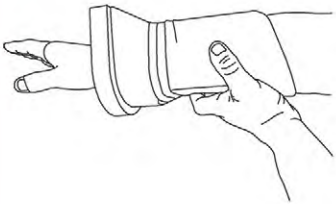


Holding the applicator in the centre allows you to position it in a way that's more comfortable ...

... and ...



... clamps the garment to prevent it from sliding as your opposite hand is correctly positioned.



Place your free hand around the curved side of the applicator and slide your garment along the outside as you move it along your arm.

Helpful tips

The arrows shown in Photo's 1 & 2 indicate the thumb section of a typical Gauntlet style compression garment.

Before you fit this type of garment onto the EZY-AS™ consider which arm you will be applying it too.

Photo 1: shows the correct way round for the right arm and Photo 2: the left arm.

Photo 1 Photo 2

To ensure your garment doesn't overstretch along your limb use your free hand to slide it along the outside of the applicator.

Holding the cuff when you first put your hand through a Sleeve style compression garment can prevent it from slipping up your arm. This method also applies to tubular bandages.

For more information on how to use the EZY-AS™ with tubular bandages visit our website at **www.ezyasabc.com**

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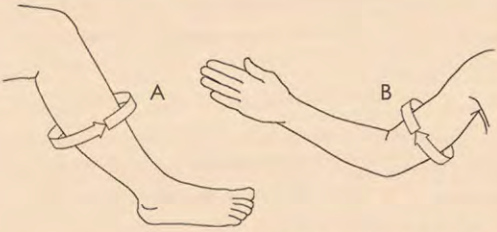
THE AUSSIE SOLUTION

EZY-AS™ applicators are available in three colour coded sizes for easy identification.

If measurement A or B overlaps, use the smaller size.



Colour	Size	Measurement A or B cm	(inches)
	Small	28-35	(11-13.5)
	Medium	32-40	(12.5-15.75)
	Large	38-47	(15-18.5)

Please note that a person measuring larger than 47cm will in many cases gain the advantage of applying the most difficult lower leg portion of their stocking.

CARE INSTRUCTIONS: Clean with warm water and mild detergent. If disinfection is required, the applicator may be wiped with a 70% isopropyl alcohol solution. DO NOT use solvents or subject to steam sterilization. DO NOT store in direct sunlight or near a heat source.

PATENTED IN AUSTRALIA
PATENTS GRANTED AND PENDING IN OTHER COUNTRIES
EZY-AS is a registered trademark of EZY-AS ABC Pty Ltd (Australia)

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the new inventors

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