

## A. From lying to sitting

### 1. Raise the side rails

- Pull the side rail element of the back section out horizontally until the end stop, and fold it upwards.



### 2. Extend length

- Press the button "Length extension out" on the nurse hand control. The lying surface now goes down completely and then moves 25cm longitudinally from head end to foot end. NOTE It is only possible to extend the length when the bed is in its lowest position.



### 3. Raise back section

- Bring the back section slowly to the desired height. While doing so, make sure that the person in need of care is stable.



### 4. Assisting bodily perception

- The upper leg section may be angled slightly to improve bodily perception.



**NOTE** A maximum load of 80 kg on the lower leg section is permissible when the bed is in the fully extended Vis-a-Vis position!

**NOTE** Please observe the notes in the detailed instructions for use!

## 5. Move lower leg section

- Release the lever on the lower frame of the lower leg section and push the lower leg section in the desired direction.
- Each of the legs of the person in need of care are moved sideways and then onto the floor.



## B. True sitting in the Vis-a-Vis

### 1. Individual positioning

It is important that the person in need of care has firm contact with the floor.

- To ensure this, adjust the back section according to the capabilities of the person in need of care.
- Set the angle of the sitting surface using the 'upper leg section' button. This enables the person in need of care to sit up properly and prevents him/her from slipping down.
- In addition, you can use bedding to support the pelvis.



### 2. Position armrests (optional)

- To further improve the sitting position and awareness of the person in need of care, you can place the armrests next to him/her.

## C. Transfer of the person in need of care

### 1. Providing impetus to sit up

The person's weight is brought onto his/her feet in order to physiologically enable the transfer. These functions of the Vis-a-Vis assist you to do this:

- Press the 'Anti-Trendelenburg positioning' button to raise up the head end of the bed frame.
- Lower the lower leg section as far as possible.



### 2. Support while the person is sitting up

You can provide the following assistance, depending on the needs of the person in need of care:

- Offer the firm support of the foot section or put up the side rails in the lower leg section.
- In addition, you can position yourself closer to the person in need of care, in order to provide more safety (if necessary remove the armrests (optional) from the bed).
- For maximum safety, you can use the above mentioned methods of assistance plus another transfer technique with the support of a second person.



## D. Transfer back and from sitting to lying

### 1. Transfer back into the Vis-a-Vis bed

- Paying attention to the particularities of the situation, bring the person in need of care back to a sitting position on the bed.
- Move the lying surface to its lowest position.

### 2. Move lower leg section

- Bring each leg, one after the other, back to the lying surface. Then pull the lower leg section back to the end stop.
- Next, lock the lower leg section by pushing back the lever. NOTE It is not possible to extend the length if the locking mechanism is not activated correctly.

### 3. Bring the person in need of care into a lying position

- Move the lying surface to its end point with the button "Length extension back" on the nurse hand control. NOTE Only now is the height adjustment of the lying surface unlocked.
- Bring the back section slowly back to the desired angle.
- If required, fold down the side rails.
- Take the armrests (optional) off the bed.