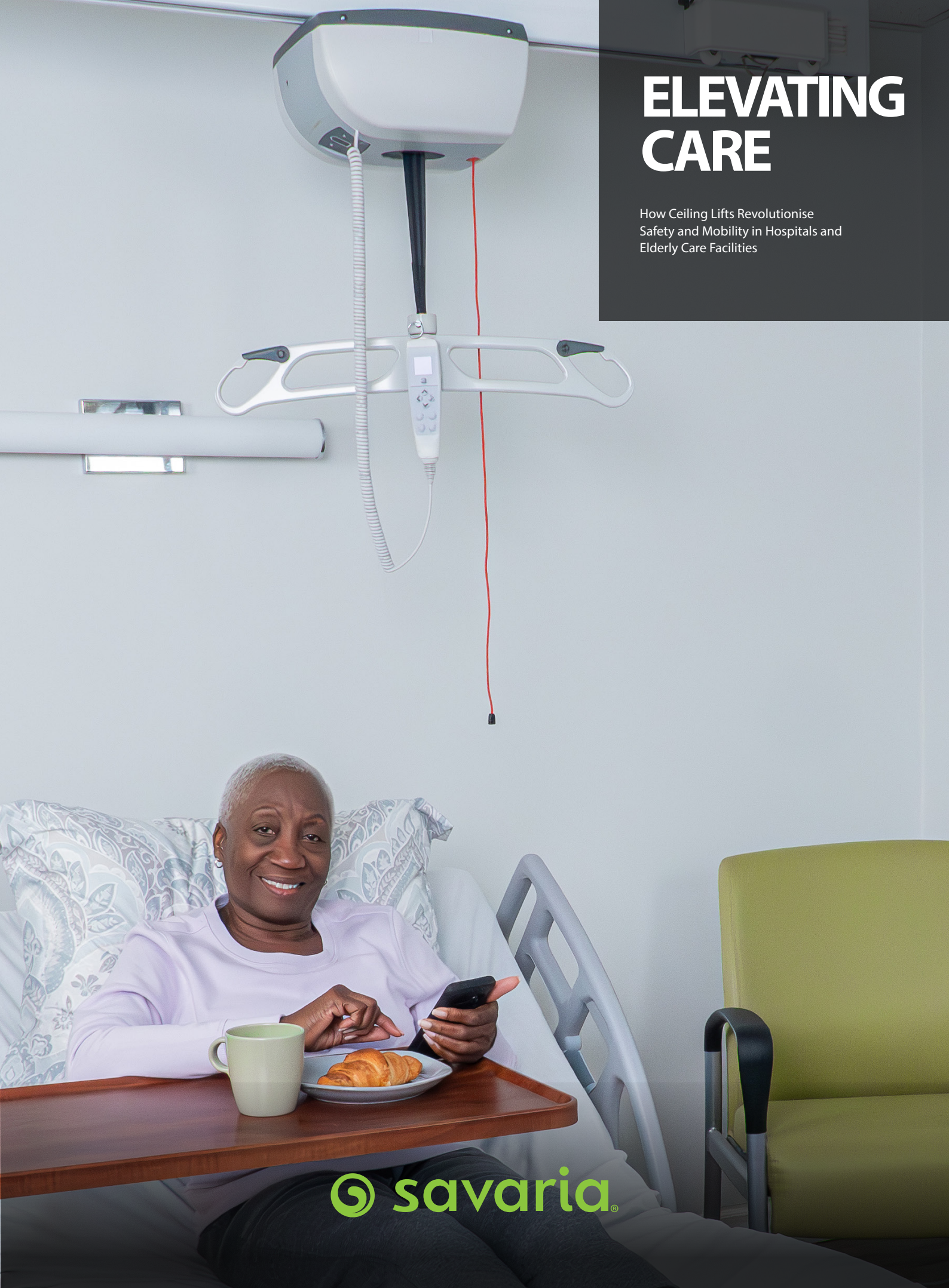


ELEVATING CARE

How Ceiling Lifts Revolutionise
Safety and Mobility in Hospitals and
Elderly Care Facilities



 savaria®

Expert Tips for Selecting The Right Ceiling Lift System

Ceiling lifts improve the mobility and accessibility of patients in hospitals and elderly care facilities. Convenient, safe, and easy to use, they are the preferred patient mobility solution by nurses and caregivers.



In this guide, we will cover everything you need to know before purchasing advanced ceiling lifts for your facility. We will explore their long-term cost-effectiveness, safety features, patient experience, training needs, versatility, space-saving design, space requirements, installation and maintenance.

Ceiling lifts are transforming patient mobility and safe patient handling. Commonly installed above a patient's bed, they are always available, and easier to use than mobile floor lifts or similar mobility devices. By eliminating the need for manual lifting, ceiling lifts reduce the risk of injuries for both patients and caregivers.

How Ceiling Lifts Improve Patient Lives

Ceiling lift systems are proven to enhance the quality of life for patients. A study published in the Journal of Nursing Care Quality found a significant inverse relationship between the prevalence of pressure ulcers and the use of ceiling lifts in extended care facilities. This underscores how ceiling lifts can reduce risk factors that negatively impact patient well-being.

Patients in the study generally approved of ceiling lifts, citing improvements in safety, comfort, hygiene, and increased maneuverability. By enabling smooth transfers and repositioning with reduced manual effort, ceiling lifts minimise the risk of falls, skin shearing, and other injuries associated with conventional patient handling.



• Early Mobilisation Aids Recovery

A significant advantage of ceiling lifts is the early mobilisation of patients. The sooner patients can be up and moving after an injury, illness, or surgical procedure, the higher their chances of regaining functionality and achieving optimal recovery outcomes. Ceiling lifts allow nursing staff to safely get patients out of bed sooner, promoting essential mobility and physical therapy regimens.

• Enhancing Rehabilitation and Independence

In rehabilitation settings, ceiling lifts support mobility training through safe patient transfers and assisted walking sessions, also called "gait training". Patients practice essential daily activities like bathing and toilet use with greater independence and dignity under professional supervision, and lifts reduce the strain on patients and therapists.

• Multi-Purpose Usage

Ceiling lifts can interface with a wide range of mobility equipment like wheelchairs, shower chairs, bathing tubs, and other assistive devices. This compatibility maximises their use across diverse clinical settings as they support numerous aspects of care routines.





The Need for Ceiling Lifts for Safe Patient Handling and Mobility

Moving patients and residents is inherently risky, particularly when lifting and moving them manually. These risks apply to caregivers and patients and contribute to the high rates of work-related injuries and illnesses within the Healthcare and Social Assistance sector (HCSA).

Manual patient handling is the single greatest risk factor for overexertion injuries among healthcare workers. The resulting musculoskeletal disorders, like back pain or carpal tunnel syndrome, can impact staffing levels, caregiver experience, and the quality of care. The associated costs in terms of personnel well-being and institutional finances, are high. Notably, handling bariatric patients presents an even greater risk of caregiver injury.

More and more healthcare and residential care facilities are investing in ceiling lift systems to enhance safe handling practices. Ceiling lifts also facilitate earlier patient mobilisation, which improves recovery outcomes. Furthermore, it is no industry secret that staff prefer to work in facilities with ceiling lifts.

How Ceiling Lifts Prioritise Employee Safety and Well-Being

Reducing Back Injuries

The ergonomic design and mechanical assistance virtually eliminate the need for nurses and caregivers to bear the weight of patients during transfers, reducing the risk of back injuries and similar concerns. Features like Savaria's secure clip system for safer patient handling also minimise the risk of accidents and injuries.

Savaria's M-Series introduces the innovative SureClip system to prevent injuries and falls during patient transfers. Unlike traditional latch-in sling attachments that can be clipped in a rush, SureClip uses a latch-out design that is foolproof. It forces operators to spend a crucial extra moment to open the latch and secure the sling at the start of the transfer process - when it is critical. By mandating this initial step, SureClip helps avoid dangerous situations where slings can become detached if not properly secured.



Encouraging Consistent Lift Usage

Unlike mobile or floor-based lifts that need to be retrieved, ceiling lifts are always available in-patient rooms and other care areas. This convenient access encourages clinicians to use the lift rather than risking manual handling and reduces the likelihood of injuries from unsafe lifting practices.

Supporting Safe Patient Handling Programs

Comprehensive safe patient handling and mobility (SPHM) programmes are effective in reducing caregiver injuries and associated costs. However, successful SPHM initiatives need appropriate patient lift equipment like ceiling lifts as a core component.

Benefits of Overhead Ceiling Lifts Compared to Other Transfer Aids

- Permanent installation in primary patient care zones improves accessibility
- Multifunctional design enables usage for various patient-handling tasks
- Compatibility with toileting aids, slings, and other equipment
- Streamlined training needs for permanent systems in each room
- No need to locate, move, or store separate portable lift equipment

Additionally, we recommend selecting ceiling lift systems that are easy to operate and require minimal staff training. This saves time, and money, and encourages consistent use.

By prioritising employee safety and well-being through ceiling lift adoption, healthcare and residential care facilities can reduce the costs associated with staff injuries and sickness. Ceiling lifts help optimise staffing levels, improve the morale and retention of experienced caregivers, and improve the overall quality of patient care.

Ceiling Lift Versatility for Patient Accessibility

Ceiling lift systems are versatile and adapt to different environments and patient needs. These lifts fit almost anywhere, including on existing ceiling structures. They can also be mounted to walls as an overhead system when ceiling installation is unavailable.

Ceiling lifts can be moved from room to room. Advanced lifts support flexible layout options like room covering tracks, linear tracks, curved sections, turntables for navigating corners, and transfer systems between rooms. The lift configuration can match the layout and needs of each facility.

Additionally, ceiling lifts can lift higher than floor-based lifts, since the lifting range is not restricted by the height of the motor. This makes transfers from the floor to beds or chairs, much easier, with often just one caregiver needed.

Accommodating Diverse Patients

Ceiling lift systems safely accommodate a broader range of patient weights and body types. Savaria's M-Series, for example, offers three weight limit options: 272 kg, 200 kg, or 130 kg and the strong motor makes for faster, smoother lifting even at the highest capacity.

Space-Saving Designs

Unlike bulky floor lifts that need clear floor space for moving around, ceiling lift motors run along overhead tracks. They free up the room and optimise productive patient care. Some ceiling lift models offer the option to embed the tracks into the ceiling for a seamless look.



Advanced ceiling lift systems commonly require the following clearance and safe distances:

- 142 cm minimum clearance from the bottom of the rail to the highest transfer surface to prevent dragging
- 30,5 cm clearance is needed at the end of the rail to insert/remove the lift motor
- Rail should cross 99 cm from the headboard when transferring over a bed
- 40,6 cm minimum distance away from any walls
- Rail must extend over at least the first 1/3 of the toilet for accessibility

How to Select a Ceiling Lift: Prioritise Safety, Simplicity and Service

Healthcare facilities should select solutions that maximise safety, ease of use, and long-term serviceability.

Here are the key factors for choosing a ceiling lift system

- Room dimensions and layout to plan track configurations
- Weight capacities to accommodate patient sizes
- Specific user needs like repositioning, toileting, ambulation
- Reputable manufacturers with proven durability and reliability
- Ease of installation and future service requirements
- Long-term ownership costs, including maintenance and batteries



• The Power of Simplicity

The easier a ceiling lift is to use, the more likely it will be used consistently. Advanced ceiling lifts with limited buttons and indicators allow staff to operate them with minimal training. This reduces the learning curve and human errors.

• Durable and Service-Friendly Design

Frequent repair and replacement of lift components drives up the lifetime maintenance costs. Lifts with easily replaceable parts can be serviced without special tools or extensive training. A durable, service-friendly, design extends the operating lifespan while minimising downtime and repair expenses.

• Safety and Compliance First

Ceiling lifts must meet or surpass all vital safety standards and certifications, with regulations and compliance requirements potentially varying across countries. Adhering to regulatory compliance is vital for healthcare and elderly care facilities to guarantee the well-being of patients and staff, while reducing legal risks.

Look for certifications like the ISO 10535:2021 for patient lifts, and IEC 60601-1:2005 A1:2012 for medical electrical equipment safety. Savaria's ceiling lifts meet all international standards. Furthermore, critical safety features like power interrupts, emergency stop switches, and emergency lowering backup give staff and patients confidence.



• Training Is Essential

The human element is crucial to operate the equipment safely and effectively. The easier ceiling lifts are to learn and use, the better the patient-handling experience.

By balancing simplicity, durability, intelligent design, and diligent safety testing, advanced ceiling lift solutions provide outstanding value through reduced operating costs and optimised long-term performance in healthcare environments.



• Installation and Maintenance

Ceiling lift systems are medical devices - and their installation and operation must meet rigorous safety standards and certifications, with regulations varying across countries. They mount directly to the ceiling, utilising discreet overhead tracks to provide mobility throughout a room or between areas.

Installation can be complex, especially in older buildings with unique architectural features or on ceilings with obstacles like fans, requiring experienced and trained technicians. The Savaria installation process follows extensive pre-planning and proceeds along the following steps: bracket positioning, fixation to structure, bracket levelling, track attachment, lateral bracing, cleaning, weight load test and final inspection.

Beyond the initial installation, it's crucial to follow the required maintenance schedules, including preventative maintenance that can be performed by staff, like cleaning the track and checking the emergency stop function every four months. Periodic dealer maintenance and servicing require certified technicians for tasks like replacing the lift strap every two years and lubricating moving parts.

Reputable ceiling lift manufacturers like Savaria train their installers and dealers extensively. Savaria provides comprehensive training for installers on anchoring, load testing, and integration with existing infrastructure.

Savaria's ceiling lifts are also compatible across different branded track systems and can be therefore installed on tracks that previously operated a competitor's lift.



In Summary: The Key Benefits of Ceiling Lifts



Advanced ceiling lift systems transform patient mobility and safe handling in hospitals and elderly care, providing numerous benefits that enhance accessibility, safety, patient satisfaction, and employee well-being.

For patients, ceiling lifts reduce risks like pressure ulcers, falls, and injuries, facilitating early mobilisation and greater independence. They also enable patients to practice daily living activities under supervised care.

For nurses and care-givers, ceiling lifts prioritise employee safety by drastically reducing the risk of musculoskeletal injuries from manual patient handling. Their permanent

installation encourages consistent usage over hazardous manual lifting, a core component of safe patient handling programmes.

With versatile layouts, high weight capacities, and compatibility with mobility aids, ceiling lifts accommodate diverse patient needs across care settings. Their space-saving designs optimise room layouts for productive patient care.

Advanced ceiling lift solutions provide outstanding long-term value through reduced operating costs and optimised performance. Healthcare facilities invest in these innovative systems to enhance patient care and protect staff well-being.

Case Studies: How Ceiling Lifts Are Transforming Facilities

Savaria's recent projects show the versatility of ceiling lifts across leading facilities.

In 2023, Savaria embarked on a comprehensive patient transfer project for UCHealth, a prominent healthcare provider in Colorado, US. The project spanned across two stages, catering to the needs of UCHealth Memorial Hospital Central in Colorado Springs and the UCHealth Medical Centre of the Rockies.



UCHealth Memorial Hospital Central, Colorado Springs

Source: Jeffrey Beall, CC BY 4.0 <https://creativecommons.org/licenses/by/4.0>

During the first stage, Savaria installed a Gantry System Trolley in 4 typical patient rooms and 18 standard rooms across a medical-surgical ward at UHealth Memorial Hospital Central. This installation aimed to enhance patient transfer capabilities and ensure a safe and efficient healthcare environment.

Building upon the success of the initial stage, Savaria proceeded with the second stage of the project as part of the master planning Phase 2 for UHealth Medical Centre of the Rockies, US. This significant undertaking involved installing 79 XY Gantry System Trolleys with XY Flush Mount (1000lb SWL) Handicare Bari units which can cover around 10 X 10 ft area of the medical centre. This large-scale installation further solidified Savaria's commitment to providing state-of-the-art patient transfer solutions and improving the overall healthcare experience for patients and staff alike.

For UHealth Highlands Ranch Hospital, Savaria provided a patient transfer solution comprising a Gantry System Trolley. The installation covered 16 standard patient rooms, 4 accessible patient rooms, and 10 progressive care unit (PCU) rooms on the 5th floor.



UHealth Medical Center of the Rockies
Source: Chik-fil-AChickenSandwich, CC BY-SA 4.0

In February 2024, Savaria delivered a comprehensive patient transfer solution for Golden Life, a leading provider of senior living facilities in Canada. The project encompassed installing 75 monorail units with curves in the toilet areas, along with 6 XY Gantry Systems throughout their long-term care facility.



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