

### Welcome to ResQUp

For your safety, only use the ResQUp according to these directions to assist yourself up from the floor and into a seat or chair. Below you will find videos, instructions, and other details for ResQUp owners. The ResQUp should not be used if you have been injured in a fall.

### About the ResQUp

- The ResQUp was developed to help a person lift themselves from the floor to a wheelchair, seat, other assistive device, or a standing position.
- Each level of the ResQUp is 4½" high. A person will need sufficient upper-body strength to lift themselves at least to the first level.
- For the best results, we recommend you practice using the ResQUp so you can confidently get up from a fall. Also, try different variations of these methods to determine which works best for your circumstances.
- The ResQUp does not require assistance from a caregiver, but you may want to have a helper nearby while you practice using the ResQUp and increasing upper-body strength.
- Store your ResQUp based on your experience with falling or where it will be readily accessible to you.

### Helpful Tips

- A person on the floor needs to either crawl to the location of the ResQUp or have someone bring it to them.
- For safety reasons, the ResQUp should be supported from behind with a sturdy piece of furniture or have the wheels locked on a wheelchair during transfer.
- For individuals with sensitive skin or brittle bones, place a towel on each level to enhance comfort on the non-slip surface as you ascend on the ResQUp.
- To slide the ResQUp on carpet, lay it on its side and push it to the desired location. To slide the ResQUp on an uneven wood or tile floor, place it on a towel and push it to the needed area.

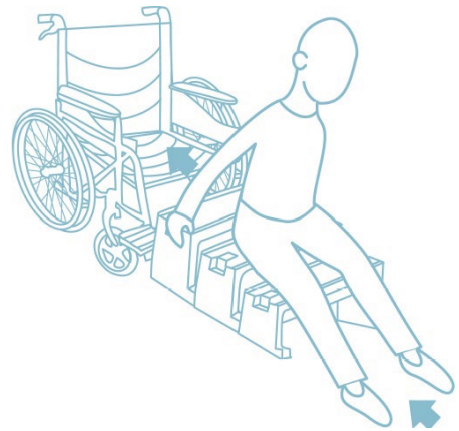
## Which Method is Right for You?

There are three approved methods of using the ResQUp to recover yourself from the floor up to a seat. Each of them is suitable for individuals prone to falling, but you may prefer one of them over the others for various reasons. This section describes the three methods along with some guidelines on why you might choose to use each. It is strongly recommended that you practice your chosen method of use regularly, so you are comfortable using the device when you need it.

For all methods, no caregiver assistance is required. However, you may want to use a “spotter” when you are first becoming familiar with the device.

### Method of Use 1: Backwards

- Requires the most upper body strength and range of motion in the shoulders
- Moving backwards while facing forward
- No twisting required
- Best when using the ResQUp on a smooth, hard floor
- Easy to rest partway up
- Best for getting into narrow chairs with straight backs and moderate or no cushion.

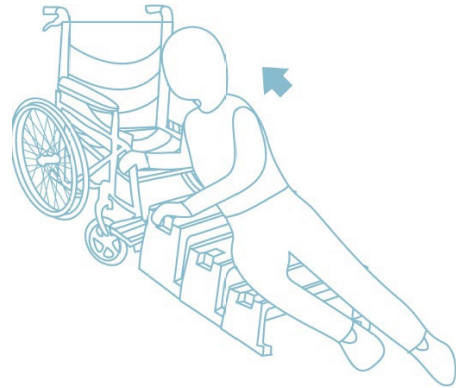


### Steps

1. Back up to the first level of the ResQUp and place your hands slightly behind you on the padded grips.
2. Push down with your hands and lift your bottom slightly, then use your legs to slide your bottom rearward onto the first level.
3. Repeat this method to scoot up to each level in turn, and finally up into a chair or seat.
4. Use your heels to fold up the device. You may now place your feet on the floor and stand from this position.

## Method of Use 2: Sideways

- Requires leg strength and some upper body strength
- Requires some twisting
- Avoids strain on the hands and wrists
- Very stable
- Easy to rest partway up
- Best for getting into seats with thick cushions

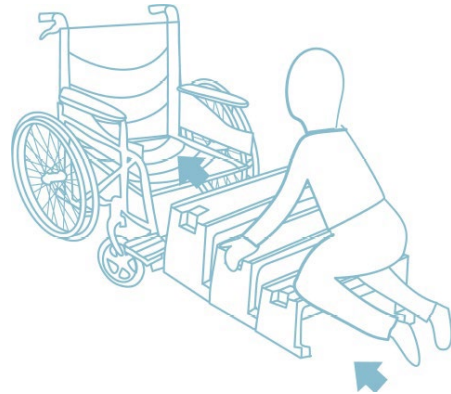


### Steps

1. Approach the ResQUp with your body turned so your strongest side is toward the ground and closest to the device.
2. Put your strong-side elbow on the top of the *MIDDLE* level near the center – not on the padded grips.
3. Draw your feet closer to you, then press down through your elbow to raise your hips. You may want to put your free hand on the level in front of you to assist with this movement.
4. Pushing with your legs, slide your bottom up onto the *LOWER* level.
5. Move your elbow to the *TOP* level, draw your legs up again, and repeat the movement to slide your bottom onto the *MIDDLE* level.
6. Move your elbow to the front edge of the seat you're getting into and repeat the movement to get your bottom onto the *TOP* of the ResQUp.
7. Shift your elbow to the back of the seat and slide your bottom up onto the seat.
8. Rotate your body to sit back into the seat.

## Method of Use 3: Forwards

- Requires the least upper body strength
- Moving and facing forward
- Puts pressure on the knees
- Requires a 180° twist to get into seat at top
- Best when the seat you're getting into is relatively wide.



### Steps

1. Ensure the ResQUp is firmly braced against the seat you're getting into.
2. Approach the ResQUp on hands & knees.
3. Place your hands on the padded grips at the edges of the *LOWER* level.
4. Move your hands to the padded grips of the *MIDDLE* level and bring your knees up to the edge of the *LOWER* level.
5. Shift your weight forward and bring one knee, then the other, on top of the *LOWER* level.
6. Move your hands to the padded grips on the *TOP* level.
7. Shift your weight forward and bring your knees up to the *MIDDLE* level.
8. Put your hands on the base of the seat you are getting into.
9. Shift your weight forward and bring your knees up to the *TOP* level.
10. Move both of your hands slightly to one side.
11. Lower your hips in the direction opposite your hands as you shift your weight toward the seat.
12. Twist and transfer your weight to your bottom as it comes to rest on the seat

## Warranty

The ResQUp is warranted for materials and workmanship by Safe Patient Solutions, LLC, for 1 year following the date of purchase by the original purchaser.

Concerns regarding Returns, Refunds, and Warranty issues should be emailed to: [orders@safepatientsolutions.com](mailto:orders@safepatientsolutions.com)

## Returns

Retail customers must contact the distributor where the ResQUp was purchased to arrange a return. Returns will not be accepted at our business address, and we cannot process refunds at that location. Distributors should contact Safe Patient Solutions directly to process returns and refunds due to manufacturing defects.

## Cleaning Recommendations

The ResQUp, like other mobile lifts, should be cleaned regularly. We recommend that the urethane pads and all composite surfaces on the ResQUp be cleansed using medical-grade antiseptic soap and water. Mild disinfectants such as 70% - 90% alcohol, a 1:100 dilution of bleach in water, disinfectant wipes, and quaternary ammonium germicidal detergents may also be used. Do not use strong acidic or basic solutions, phenol-based disinfectants, or organic solvents on any part of the ResQUp.

## Safety Information

If you have any questions about whether the ResQUp is an appropriate device for you, consult a physical/occupational therapist or qualified healthcare professional.

### **⚠ CAUTION**

- The ResQUp is for use **ONLY** after a non-traumatic fall! If you have pain or suspect injury, **DO NOT** use the ResQUp. Call 911 and seek medical assistance.
- The ResQUp IS **NOT** to be used as a step stool.
- The weight limit of the ResQUp is 350 lbs.



**The ResQUp should NEVER be walked on for any reason!**

## Product Disclaimer

The ResQUp® Fall Recovery and Mobility Aid (the “Product”) is designed, and intended, only for aiding patients, healthcare providers, and caregivers in clinical, assistive care, and in-home settings. The person or entity buying the Product and/or using the Product, even if different from such buyer, (the “User”) shall use the Product only for such purposes.

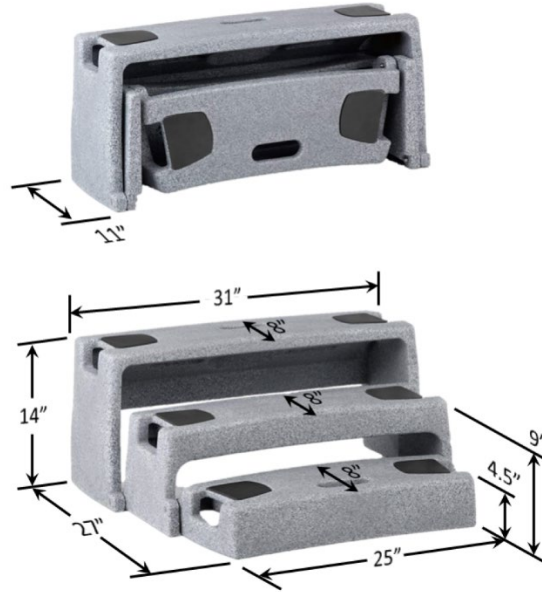
The User must ensure, and is solely responsible for ensuring, the proper and safe use of the Product. Use of the Product is at the sole risk and discretion of the User. The User acknowledges that getting down to the floor or rising from a fall is dangerous and may cause death, personal injury, or property damage.

The ResQUp is warranted for materials and workmanship by Safe Patient Solutions, LLC, an Arizona limited liability company (“SPS”), for 1 year following the date of purchase. EXCEPT FOR THE LIMITED WARRANTY PROVIDED IN THE FOREGOING, THE PRODUCT IS SOLD ON AN AS-IS, WHEREAS, AND WITH ALL FAULTS BASIS, SPS DISCLAIMS ANY AND ALL WARRANTIES OF ANY KIND, WHETHER EXPRESS OR IMPLIED, RELATING TO THIS PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, ANY WARRANTY AS TO RECOVERY OR HEALTH IMPROVEMENT, OR ANY WARRANTY MADE BY ANY DISTRIBUTOR OR OTHER THIRD PARTY. ANY SUCH LIMITED WARRANTY IS CONDITIONED UPON THE USER’S COMPLIANCE WITH THE TERMS AND CONDITIONS OF THIS DISCLAIMER.

THE USER, FOR HIMSELF/HERSELF/ITSELF AND HIS/HER/ITS HEIRS, PERSONAL REPRESENTATIVES, SUCCESSORS, AND ASSIGNS, HEREBY RELEASES, DISCHARGES, INDEMNIFIES, DEFENDS, PROTECTS, AND HOLDS SPS AND ITS AGENTS, EMPLOYEES, OFFICERS, MANAGERS, MEMBERS, SUBSIDIARIES, PARENTS, SUCCESSORS, AND ASSIGNS (THE “SPS PARTIES”) HARMLESS FOR, FROM AND AGAINST ANY AND ALL CLAIMS, CAUSES OF ACTION, DAMAGES, INJURIES, LOSSES, EXPENSES, ATTORNEYS’ FEES, AND HARM OF ANY KIND, WHETHER OR NOT FORESEEABLE, DIRECTLY OR INDIRECTLY RELATING IN WHOLE OR PART TO THE USE OF THIS PRODUCT, REGARDLESS OF THE ACTS OR OMISSIONS, WHETHER NEGLIGENTLY OR OTHERWISE OCCURRING, OF ANY SPS PARTY. EACH SPS PARTY WILL NOT BE LIABLE FOR, AND THE USER HEREBY WAIVES ANY RIGHT TO SEEK AGAINST ANY SPS PARTY, ANY CONSEQUENTIAL, INDIRECT, SPECIAL, STATUTORY, EXEMPLARY, PUNITIVE, OR INCIDENTAL DAMAGES CAUSED BY THE USE OF THIS PRODUCT, AND THE LIABILITY OF THE SPS PARTIES IN THE AGGREGATE WILL BE LIMITED TO THE PURCHASE PRICE OF THIS PRODUCT.

Use of this Product constitutes the User’s acknowledgment that the User has read and understands the warnings, cautions, terms, and conditions in this Disclaimer and that the User agrees and consents to the terms and conditions of this Disclaimer; OTHERWISE, DO NOT USE THIS PRODUCT.

## Specifications



<b>Dimensions</b>	Dimensions (deployed)	14"H x 31"W x 27"D
	Dimensions (folded)	14"H x 31"W x 11"D
	Dimensions (shipping carton)	15"H x 31.5"W x 11.5"D
	Height Between Levels	4.5"
<b>Weights</b>	Unit Weight	15 lbs.
	Maximum User Weight	350 lbs.
<b>Materials</b>	Body	LLDPE
	Hand Pads	Poron 4701-40 polyurethane
	Hardware	Nickel- and Zinc- plated Steel
<b>Device</b>	FDA	Class I Transfer Device (IKX)
	SIGIS	FSA & HSA eligible (SIGIS listed)
	UEI	Z4VEG5HD42K9
	CAGE	99485
	Primary NAICS	423450
<b>Business</b>	Name	Safe Patient Solutions, LLC
	Incorporated	2011
	Certifications	SDVOSB (Service-Disabled Veteran-Owned Small Business)