

# Quick Reference Guide



# rifton TRAM

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# The Rifton TRAM Quick Reference Guide

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## Introduction

The Rifton TRAM is a simple and versatile transfer and mobility device. With proper use it can eliminate caregiver lifting, reduce back strain and workplace injuries, and give dignity and safety to the client.

This Quick Reference Guide provides basic operating guidelines, focusing on core functionality and key techniques. It is a supplement to the Product Manual, not a replacement. Before operating the TRAM, all caregivers must read and understand the Product Manual.



## How to get it right the first time

**Go slow the first time.** Explain to your client that in the course of the transfer some adjustments may be needed to find the best configuration of the straps and supports, and that this will make future transfers quick, easy and safe.

**The client's attitude can be as important as physical condition.** A positive and enthusiastic client who understands the TRAM's benefits will try to assist with the transfer and will be more likely to accept temporary mild discomfort.

**Try to win the client's trust before beginning your first transfer.** Sometimes it may soothe an anxious client to watch a caregiver or someone else being transferred in the TRAM first.

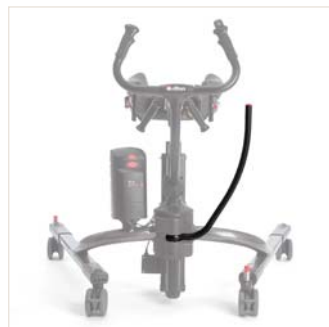
**The key to success is in proper positioning** of the thigh straps and other accessories, allowing the client to feel balanced, comfortable and secure.

# Key Components



1

Body support pads with ring clips



2

Expansion handle



3

Forearm supports



4

Forearm support holder



5

Forearm support mounting bracket



6

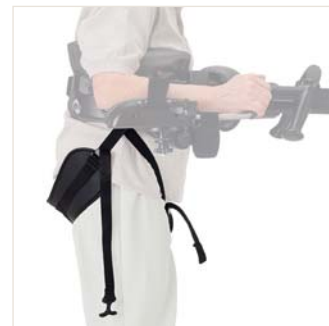
Thigh straps



7

Seat strap

Seat strap and thigh straps are identical and interchangeable.



8

Walking saddle

# Positioning and Using Thigh Straps for a Seated Transfer



**1** Remove or move out of the way the wheelchair footplates, armrests or trunk laterals, if possible. Use the TRAM's expansion handle to widen the base frame before approaching the client.

**2** Evaluate the client's body type and size. Adjust the straps and height of the body support system accordingly.



**3** Fully shorten one end of each thigh strap and attach that end to the yellow clips at the front of the body support system, gray side facing the client. The other ends of the thigh straps should be fully lengthened.

**TIP:** If needed to prevent outward movement of thighs, the straps can be crossed in front and attached to the yellow clips on opposite sides.



**4** With the client sitting up and arms raised slightly, position the TRAM so that the body support pads are around the client's rib cage a few inches below the armpits and just above the hips.



**5** Secure back buckle and tighten snugly by pressing on one side of the body support pads with one hand while tightening the belt with the other. Lock the caster brakes.



**6** Slide the unattached end of first thigh strap under the client's leg, from inside to outside of thigh. Help raise the leg as needed <sup>T</sup> and work the pad as far back under the thigh as possible. Hook the thigh strap ring onto the grey or blue clip. Repeat with other leg and strap.

**TIP:** If your client is able, ask him or her to raise one leg and place foot on the curved tube in front.



**TIP:** For some clients this may be the single most important step; you may need to work the thigh strap back by pushing both on the outside and the inside of the client's thigh.



**7** Pull the T-handles on the straps snug. If you can stand behind the client, pull them both evenly at the same time. Straps should be adjusted so that thighs form a 90 degree angle to the client's trunk during transfer. Unlock the caster brakes.



**a.** Correct position

**8** Raise client. Watch closely to make sure the body support system does not ride up under the armpits and the client remains balanced and comfortable and does not sag.



**b.** Incorrect; sagging

**TIP:** If the client sags or feels insecure, you can add the seat strap (which is simply a third thigh strap), positioning it right under the seat, hooked onto the white clips on either side. Tighten both ends while standing behind the client.



**c.** Correct with seat strap

**9** Move the client to the transfer destination. Lock caster brakes.



**10** Gently lower the client onto the seat.<sup>T</sup> Avoid lowering too far so the body support system doesn't push down on the hips.<sup>T</sup> Unclip the back ring on the thigh straps and gently pull the straps out from under the client.

**TIP:** If you used a seat strap, pause just above the seat surface and remove it

**TIP:** The TRAM will automatically stop and beep if it meets increasing resistance.



**11** Release the back buckle and caster brakes and pull the TRAM away from the client.

# Positioning and Using Walking Saddle for Sit-to-Stand or Walking



**1** Using steps 1 through 8 of the seated transfer procedure, raise the seated client a few inches above the surface.



**2** Adjust all four straps of the walking saddle to full length and place it under the client smooth side up.



**3** Lower the client onto the saddle. Unclip and remove the thigh straps.



**4** Attach the walking saddle rings to the colored clips on the body support system using the general guidelines below.

**a.** For slim clients, cross the straps on both sides. Attach back strap rings to the red or white clips and front straps to the blue or gray clips.



**b.** For larger clients, you may want to attach the straps as shown with back strap rings on the blue or gray clips and front straps on the red or white clips.

**TIP:** The attachment points of the walking saddle can be used to control the position of the pelvis and affect posture. See Product Manual for more information.



**TIP:** Arm prompts can be adjusted to accommodate a wide range of positioning needs. Here we show a client positioned with arms forward to promote good walking form.





**5** While the client is still seated, tighten all straps.

**TIP:** The walking saddle straps should be snug, without slack so that the body support system does not ride up on the torso when lifting the client.

**6** Raise the client while pulling the TRAM gently toward you to mimic the natural sit-to-stand arc.

**TIP:** Watch closely to make sure the client is comfortable and well supported throughout the lift.

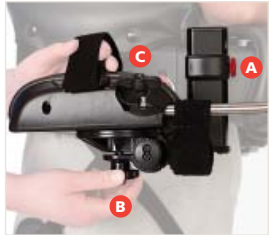
**7** Adjust the body support height so the client can walk comfortably.

**TIP:** The body support pads should not be positioned too high under the armpits.

**8** Using the T-handles, adjust the walking saddle straps to optimally position the pelvis for good walking posture.

# Positioning and Adjusting Forearm Supports

Forearm supports may be used to provide additional support during transfer, and positioning during ambulation. The forearm supports are highly adjustable to accommodate different positioning requirements.



## Adjusting Forearm Supports

### Height Adjustment:

Press button **A** and slide the post to desired position

### Pad adjustment: Loosen knob **B** to:

- Slide the arm pad toward or away from the user
- Angle up or down
- Rotate in or out
- Move the arm pad backward or forward

### Handhold adjustment: Loosen knob **C** to:

- Slide the handhold forward or back for different forearm lengths
- Rotate the handhold from side to side



**ADJUSTMENT TIP:** Shown above are the two forearm support holders in the four positions possible. Forearm support holders can be placed on either side of the body support system, with the post forward and up, forward and down, rearward and up, or rearward and down, giving a wide range of adjustment.



**ADJUSTMENT TIP:** For clients with shorter trunks, the forearm-support mounting bracket can be removed and reattached upside down to prevent the bracket from interfering with the client's leg position during seated transfers.



**POSITIONING TIP:** Forearm supports generally give the most lifting support when adjusted to the rearmost position, with the client's elbow directly below the shoulder. Using the arm supports like this is particularly helpful when you're having difficulty lifting a client.

**POSITIONING TIP:** The arm and wrist straps may be used to coach a client's arm to stay in the forearm support.

# Toileting and the TRAM

While caregivers will always find their own best methods for toileting a client, here is one suggested method for clients with some ability to bear weight.

**TIP:** Use of forearm supports generally improves the toileting transfer by enabling the client to assist with weight-bearing.



**1** Using steps 1 through 9 of the seated transfer, position the client in the TRAM over the toilet seat, leaving just enough clearance to adjust clothing. Lock the brakes on the front casters.



**2** Support the client's thigh with one hand and with the other hand unclip the front ring of the thigh strap. Gently lower the leg so the client's foot is touching the floor and bearing some weight. Repeat with other thigh and strap.

**TIP:** Reclip the empty thigh strap on the front clip so it will be out of the way.



**3** Adjust clothing for toileting. Using the up/down switch, lower the client onto the seat.



**4** When finished, raise the client slightly, adjust clothing and reattach the thigh straps before fully raising the client.

# Using the Caster Direction Locks

Caster direction locks allow the caregiver to control the TRAM's movement in several ways by preventing one or more of the TRAM's casters from swiveling. Understanding these options is important.



**TIP:** "Front" indicates the caregiver handle end.



**One lock on front caster:** allows both rear casters to swivel and steer fully in all directions while the front casters "follow."

This can make control easier when repositioning an empty TRAM between sites, and in some cases during seated transfers.



**One lock on rear caster:** allows both front casters to swivel and steer fully in all directions while the rear casters "follow."

This helps with stability and directional control during supported ambulation.



**One lock on front caster and one lock on rear caster:** TRAM will track in a straight line during supported ambulation.

This allows the client to focus on forward movement without steering.

## You will make a difference.

The Rifton TRAM was designed to give clients the gift of mobility and restore their personal dignity. By understanding and implementing the basic functions outlined in this guide, you will now make this possible – and you may change someone's life.



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