



EZ Way, Inc.

# EZ Way Walking Harness Instructions

The EZ Way Walking Harness is to be used with the EZ Lift 1000 lb. capacity mobile lift or with the EZ Way Ceiling Lift. The harness is only for use with weight bearing individuals.

The walking harness comes in three pieces (vest, left and right leg straps) for ease of application. Apply the harness when the patient is in a seated position.

## Applying the Harness

Lean the patient forward and wrap the main body (vest) of the harness around the patient's chest, buckling the two straps in front. Tighten each strap by pulling on the loose end of the strap. The harness should be very snug around the patient's mid-section.



Following the label of each leg strap, lift the patient's leg and wrap the respective leg strap around the patient's upper thigh, high on the leg, with the metal buckle to the outside of the leg. Fasten the plastic buckle on top of the leg and tighten it by pulling on the loose end of the strap. Repeat process for the other leg.



Next, attach each leg strap to the vest. Fasten metal buckle from side of the main harness to the corresponding buckle of each leg strap. Adjustments to this strap can be made after the patient is standing.

Move the lift to the patient and lower the hanger bar so it is just above the patient's head. Attach the lifting straps to the hanger bar of the EZ Lift or Ceiling Lift (when using the ceiling lift, use hooks diagonal from each other). Adjust the length of the straps so they are tight.

Assist the patient to stand by using the lift. You may also use a walker or parallel bars in addition to the lift.



Once standing, tighten the vest straps around chest. The outside straps with metal buckles should now be tightened. If the patient experiences any discomfort, re-adjust the placement and tension of the straps as necessary.

If needed, a walker or parallel bars can be used for assistance. Maintain slight tension on the lift straps using the lift as a safety device. If a mobile lift is being used, have an assistant move lift along while the patient walks. If a ceiling lift is used, assist the patient to walk the length of the ceiling track.



If the patient becomes weak and can no longer stand, safely lower them into a chair or wheelchair and remove walking harness.

**Manufactured & distributed by:**  
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