

## STICK TO STAND INSTRUCTIONS

Quickly, easily and accurately show the height to set a bed, chair or other equipment for each individual—then identify it in a way that can't be ignored, by following these easy steps.

1. Get the person to sit down and place their bare feet flat on the floor.
2. Make sure their knee forms a 90-degree angle.
3. Use the Stick-to-Stand to measure from floor to knee crease. Record this information on one of the equipment record forms, provided as part of the system.



4. Use the Stick-to-Stand to check height of the seat, bed or equipment they will use. Record this information on the equipment record form.
5. Adjust the chair, bed or equipment to the height indicated by the Stick-to-Stand.
6. Attach a blue tag to the bed so that the tag just touches the floor.
7. Use a Biro to write the person's name on a fresh yellow plastic tape to hang the tag from.
8. When the height of the bed is altered, the dark blue tag with the person's name will allow it to be correctly adjusted again for that person.

Until now, bed-making, cleaning and care activities have made it difficult to maintain adjustable-height beds at the correct height for each individual.

The Stick-to-Stand system really shines in situations where adjustable beds are used.

