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## **Instructions for Use**

### **Purpose**

The J-RO EZ Rest is used to keep clients comfortably lying on their side at 90 degrees. The J-RO EZ Rest eliminates the need to physically support the client while providing care, which can cause injury to wrist, shoulders, back, and related muscles. Comfort as well as utility has been integrated into the design. Clients lie back safely on a large comfortable surface while receiving care, and the unique design prevents sliding on regular and bed repositioning sheets.

### **Instructions for Use**

1. Roll the client onto their hip to at least 90 degrees.
2. When positioning the J-RO EZ Rest, hold the bottom/fitted sheet and pull tightly on the sheet from directly behind the clients back.
3. Firmly push the tapered edge of the J-RO EZ Rest towards the residents back. (Ensure J-RO EZ Rest is between the shoulders and the small of the back).
4. Hold the J-RO EZ Rest in place until the client rolls back and places their full weight onto the product.
5. For optimal positioning, ensure the top leg of the client is crossed over the bottom leg.
6. Provide care while client is positioned in the optimal 90 degree side lying position.
7. When finished, remove the J-RO EZ Rest.
8. Check to ensure the client is comfortable and safe.

***Please visit our website ([www.ezrest.ca](http://www.ezrest.ca)) to view the J-RO EZ Rest instructional video***

### **Important Prior to Usage**

These instructions are intended to be used only as a guide. It is strongly recommended that your facility designate reviews and approves all instructions with organizational safe client handling procedures. Prior to using the J-RO EZ Rest always check for signs of wear to ensure safe and proper usage.