

Equipment List

The Oxford Dipper pool-side hoist with transporter chair/spreader-bar and various slings



The Dipper is for use in therapy pools with a specification that is highly functional and easy to use. Its design assures full integration with the pool.

The Dipper is a proven, reliable and safe method of gaining access to the water and has a weight capacity of 140Kg (22 stone)

The hoist can be used with either a spreader-bar and sling arrangement or the transporter chair. We have a full range of Oxford slings for the Dipper.



Manual Handling

Mobile Hoist

Invacare Birdie compact folding electric hoist to assist with transfers.
Maximum user weight 150kg (23½ stone)



Aquaboard

Our Aquaboard is the one important piece of equipment we hope we never have to use.

The aquaboard is used to recover and immobilize a casualty from the pool.

Mobile Shower Changing Table

Height adjustable, mobile shower changing table. Side and end rails adjust for shallow bathing. Channels in the mattress empty pooled water via the built-in outlet hose. Padded side rail flattens horizontally to facilitate lateral transfers from the bed.



Defibrillator



Cardiac Science G3 Plus Defibrillator

The device, about the size of a rucksack, could be used to restart a patient's heart during `cardiac arrest`, where their heart has stopped pumping blood effectively.

It uses two sticky pads connected by wires to the built-in computer and battery. Once attached, the machine automatically checks for ventricular fibrillation, which means the process is extremely safe and it is impossible to accidentally defibrillate someone!

Although our lifeguards have training in using the defibrillator anybody can use the type of defibrillator at St George's Hydrotherapy Pool; in an emergency, the machine will use recorded prompts to tell you what to do and operation is very simple this is how they are designed to be used.

Of course, it is hoped the defibrillator proves to be a complete waste of money and the box will never be opened - nobody wants a cardiac arrest! However, if it ever is used, you will know that St George's is giving the best possible chance of patient survival.



Aids



Wall Mounted Hairdryers

Hairdryers and mirrors are available in the changing rooms.

They are mounted to be accessible to everyone including wheelchair users.

Walking Frames

A selection of lightweight aluminium walking frames, as it is not advisable to use crutches or walking sticks poolside.



Grab Rails

Portable, quickly and easily installed. The grab rails are to supplement the fixed rails to provide extra support exactly at the right height for you, but are not designed to hold an individual's entire body weight. Two sets of moveable grab rails are available.



Sock Aid

We have a sock aid at the pool so no one has to struggle when dressing.

Floatation Aids



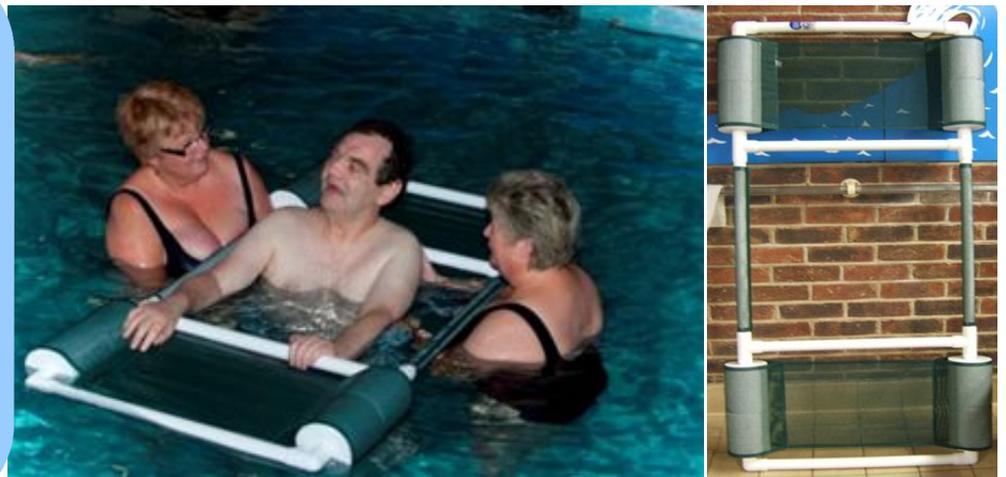
Aquaplinth

The Aquaplinth is hooked onto the pool rail and used for supine weightless exercise for lumbar spine conditions, hip and knee replacement rehabilitation.

Side lying flexion and extension. Shoulder work in prone position, and other hydrotherapy exercises.

Aquafloat

The Aquafloat consists of a set of parallel walking bars intended for supported pool walking. The buoyancy is provided by floats fore and aft.



Sensafloat

The Sensafloat is a special needs swimming support and floatation aid, designed to facilitate relaxation and movement in water for people with profound and multiple impairments.

Floatation Aids

Aquasage Sets

The Aquasage is perfect for use as a body floatation aid.



Hydro-Buoys / Flotation Belts

The Hydro-Buoy provides outstanding buoyancy, comfort and freedom of movement in the water.

We have Hydro-buoy flotation aids in different sizes.

40-70 kg (6–11 stone) and over 70 kg (over 11 stone)



Swimming Discs

Are unsinkable discs made from coated foam - no deflation possible.

Giving free unobstructed movement of the arms due to concentric flexible armholes.



Arm Bands, Swim Rings, Dumbbells and Kick Boards

We have lots of arm bands, swim rings dumbbells and kick boards in a variety of sizes. Used as floatation aids or to target and tone the body, improves arm and leg strength.

Arms can also be exercised using the kick boards.

Floatation Aids



Round Body Support

Hydrotherapy body support made in a thick cellular foam, this floatation aid provides positive buoyancy in the water. The round shaped support is easy to use and avoids the problems of trying to slide rings over people. Being totally stable in the water, it is a hydrotherapy float recommended for people with disabilities.

Kiefer Boards

Kiefer stability boards are excellent for core strength training and rehabilitation. Sit, stand or kneel to challenge balance, improve co-ordination and pelvic stabilisation.



Water Noodles

Water noodles, flexibeams or woggles they are a bendy, floaty, foamy tube that aid floatation and are great fun in the hydro pool.

Resistance Aids



Wrist and Ankle Weights

The ankle and wrist weights fit comfortably around your ankles or wrists and have an adjustable grip strip closure. They have removable weights so you can build up your strength gradually.

The weights can be used for strength training and can help to strengthen and tone the upper and lower body muscle groups.

Aquatic Dumbbells

Aqua Dumbbells can be used in the pool, they help strengthen your upper body by providing resistance in the water.



Flippers

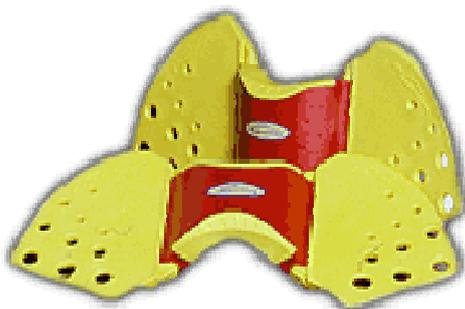
Pairs of large and small adjustable sized flippers.

They help build leg strength, boost the upward and downward thrust and encourage ankle flexibility.



Aquafins

One-size-fits-all cuffs and fins are made of soft rubber for strength and flexibility, and can be worn comfortably on the wrists or ankles for full body conditioning.



Equipment For Our Younger Users

Baby Changing Area.

Located in each of the changing rooms.

Babies must be supervised at all times when using the changing table.



Travel Cot / Playpen

A safe area to leave your baby or toddler whilst you change.

Baby Swim Supports

We have Bestway baby swimming seats: for 0-1 and for 1-2 years.

Babies must be supervised at all times whilst using the swim support.



Baby Changing Mats



Fun Stuff

Floating Volleyball

Pool users v lifeguards ?



Pool Basketball Hoop



Inflatable Dice

Make your hydrotherapy exercises fun with these large lightweight dice.



Inflatable Balls

We have a range of bright floating toys including balls.

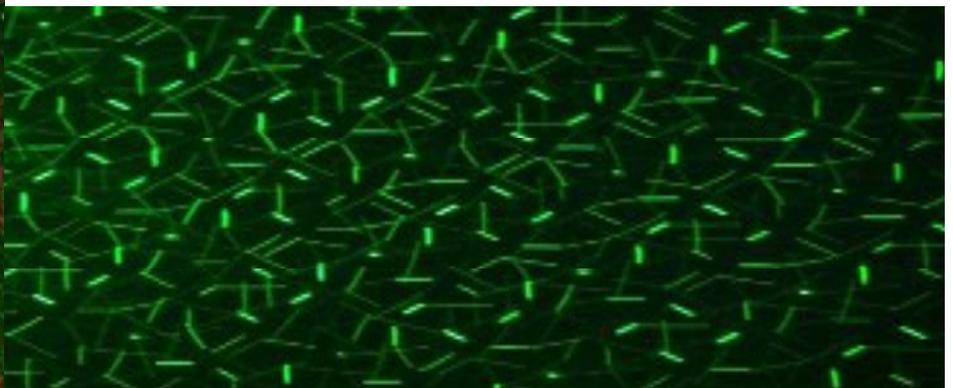
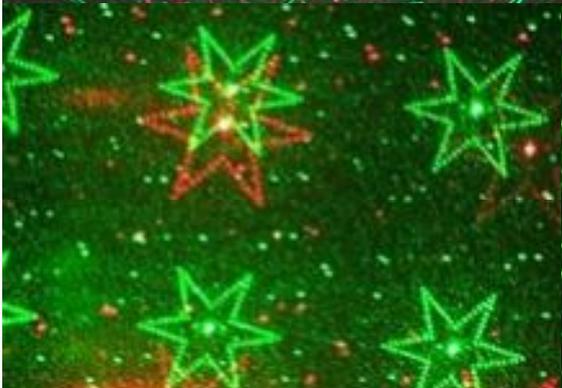
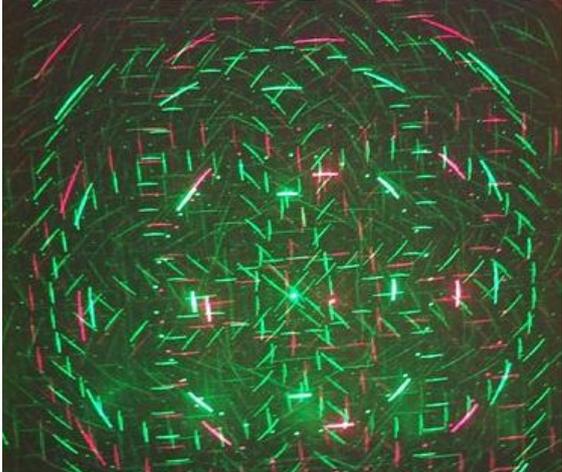


Watering Can

Optikinetics

Morphing Laser / Mirror Ball / Lighting Effects

Creates exciting, moving, multi-coloured displays and patterns using thousands of coloured laser beams that morph across the ceiling which can provide a disco atmosphere to therapeutic sessions or parties.



We also have available:

Ground and Bath Sheets - to help keep wheelchairs dry when users are transferring from the pool.

Duck Boards & Nonslip Floor Mats - for use in the changing rooms

Lightweight Baskets - for users to store their clothes in while changing.

Spare Towels - if you have accidentally forgotten your own.

Re-useable Overshoes - to keep the poolside clean.

Exercise Sheets - a range of laminated exercise sheets are available showing different hydrotherapy exercises..

As well as all the normal first aid equipment expected, the pool has a

Mini Resuscitation Kit and a Digital Blood Pressure Monitor.

We have a **Set of Scales** if you are unsure if you can use equipment within safe parameters.

Please ask if you cannot see the piece you want to try as some equipment may be stored away.

Staff can demonstrate how to use each piece of equipment so you get the best out of it.

Staff will happily help you, should you need assistance at any time.

If there is a piece of equipment that we do not have that could improve your experience at St George's, please tell a member of staff as the Friends of St George's would be delighted to help if possible.