

## User manual

2015-11-23

## Optimal 5zon<sup>®</sup> C5

Article No user manual: 95-001380



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**Table of contents**

Important safety precautions	3
Introduction	4
Product description and performance	7
Unpacking the mattress	7
Cleaning and reconditioning	8
Miscellaneous	9
Accessories	11

# IMPORTANT SAFETY PRECAUTIONS

Read all instructions prior to use

## WARNING!

1. The product must only be used for its intended purpose as described in this manual. The product may not be combined, assembled or repaired with other parts, accessories or spare parts other than those described in this manual or other documentation from Care of Sweden.
2. DO NOT USE in the vicinity of or in contact with fire sources/hot surfaces, such as fire, burning cigarettes or hot lamps. Although the product has undergone fire testing, it could become damaged if it comes into contact with fire sources.
3. Position and use the product in a manner that prevents it from becoming trapped or damaged. NOTE: Be particularly aware of trapping damage when using bed rails.
4. Always make sure the mattress has the right size.
5. The hygiene cover does not allow liquid or air to penetrate, but is vapour permeable. Make sure that the patient is positioned correctly to avoid the risk of suffocation.
6. The mattresses are protected by a hygiene cover; please try to avoid the simultaneous use of multiple hygiene covers with these mattresses. Because of the risk that the vapour permeability can be destroyed.
7. Prevent damage to the hygiene cover from sharp objects.
8. Mattresses with the Evac cover have handles and Velcro straps for evacuation. If the cover has handles, they are intended for lifting the empty mattress. All other use is at your own risk and is not covered in the product guarantee.

# 1 Introduction



Always read the user manual prior to use.

## 1.1 General information

This product is a medical product and it is CE-marked according to MDD 93/42/EEC. According to statutory regulations made by the authorities regarding medical devices, the manufacturer is required to report all accidents or incidents involving their products. We would be very grateful for all information involving accidents or incidents relating to our products, by reporting them immediately to us here at Care of Sweden. It also fulfils the applicable standards according to the medical directives: BS 7177 Medium hazard (BS EN 597-1, BS EN 597-2, BS 6807). EN ISO 12182, EN ISO 14971, EN ISO 10993-1, EN 14126.

## 1.2 Intended use

Optimal 5zon C5 is a preventative mattress and is used in all kinds of caring environments for pressure ulcers prevention and as an aid when treating pressure ulcers, up to and including category 2. It is a replacement mattress to be placed directly on the base of the bed.

We recommend that position changes are made regularly. The time interval must be evaluated by the responsible personnel, depending on the patient's status, diagnosis and general condition.

## 1.3 Other information

### Action plan Pressure ulcers

To achieve the best possible result for this product it is recommended that a well-planned and well-structured working environment be used. In our guideline "Action plan" you will find examples which can be applied and put into practice when using our products.

### Mattress guide

This practical guide gives you as a care giver, help in choosing the correct mattress from the Care of Swedens range. Optimal Preventative mattresses are mattresses in function group B. This information can be found on our website [www.careofsweden.com](http://www.careofsweden.com) or you can order a copy from our Customer services by sending your details to [info@careofsweden.se](mailto:info@careofsweden.se).

## 1.4 Evacuation instructions

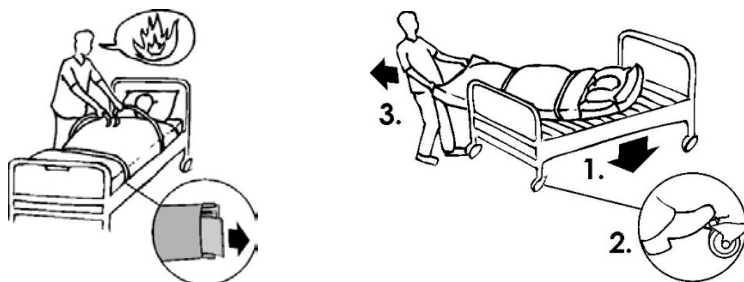
Evac is a mattress cover with a built-in function for evacuation of bed-bound users. In case of fire or other emergency, there is no time to think about what to do next. Therefore, it is very important that the safety equipment, as well as the evacuation procedures, are well planned and known in advance.

The Evac cover is equipped with three handles on the head and foot end. On the sides, there are handles with Velcro straps. These straps are to be used to fixate the user to the mattress before commencing the evacuation. The straps are folded in the protective pockets on the side of the mattress with the ends sticking out to ensure that they are easy to pull out.

### WARNING!

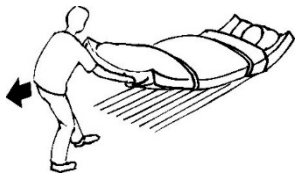
Person to perform an evacuation needs to have the necessary training. Always check the equipment, cover and mattress before commencing, to make sure an evacuation can be carried out safely.

## Evacuation instructions



### Down from the bed

- Inform the patient about what will happen.
- Lower and lock the bed in position.
- Pull out and fasten the Velcro straps so that the mattress forms a tube around the patient.
- Use the outer handles at the foot end of the mattress and turn the mattress out from the bed.
- Slowly pull the patient down on to the floor.



### On an even surface

- Pull on the outer handles at the foot end of the mattress.
- Working position should be a little bit leaning back.

### Down the stairs

- Walk backwards until the main part of the mattress has slid pass the top stair.
- Turn the back to the patient and look in the moving direction.



- Hold one hand on the stair handle and pull with the other hand on the middle handle of the mattress.
- Walk down the stairs. It is important to maintain speed, without running.

## **Training/practise**

To bear in mind when training.

Pulling down from the bed:

- The patient in the bed should not be at the very top of the mattress. There could be a risk of hitting the head in the bed when pulling down.

Pulling in the stairs:

- Start with pulling an empty mattress down the stairs, in order to practice the technique.
- When training with a person on the mattress, a string or rope can be fasten in the handles at the head end. Another person can then walk behind the mattress and help out if problems should occur.
- It is advisable to practice in the same stairs where an evacuation can be necessary.

General:

- The main purpose of the training is not to reach high speed, but to learn the correct technique.

Training covers

- Because of the heavy strain on the equipment when evacuating, always check the seams and handles at the end of training. We recommend that equipment used for training is marked with “Training equipment” and is only used for this purpose.

## **Explanations**

- If the Velcro straps are not used, there is a risk of the patient sliding/rolling down from the mattress.
- Pulling at the foot end reduces the strain on the puller, which means faster and safer evacuation is possible.
- Pulling in the stairs is the most difficult part of the evacuation and should be practiced extra carefully.
- The arms of the patient shall be inside of the Velcro straps. This way reduces the risk of the user grabbing hold to something out of fear.

### **NOTE!**

The maximal user weight of the mattress is also the weight limit for use of the evacuation function.

To ensure proper function of the evacuation cover, it is important to regularly check the quality of the mattress. Check for settings and other damages that could cause problems when evacuating.

## 2 Product description and performance

Optimal 5zon® C5 are available in following sizes: 80/85/90/105/120x200/210/220 cm.  
If other sizes are needed, contact Care of Sweden.

For more information contact Care of Sweden or your local dealer.

### 2.1 Introduction cover

Cover Stone/Evac is a hygienic cover. They are easy to handle and operate and manage the highest standards of cleaning and hygiene. The covers are vapour permeable, which reduces the risk of skin maceration.

**Cover Stone/Evac** – a cover with protected zipper on all sides, divisible (top and bottom part). Functional handles for evacuation, moving and transport. Colour grey/black.

### 2.2 Product description

#### Optimal 5zon® C5

A replacement mattress that offers excellent pressure equalization and is equipped with our unique sit function.

Function: For prevention and as an aid in treatment of pressure ulcers up to and including category 2, and as an aid in pain therapy.

Core: High density/quality foam, CMHR and Geltex®.

Height: 14 cm

Cover: Stone/Evac

User weight: 0-150 kg

Warranty: 5 years

This product's expected life is estimated to be 5 years



## 3 Unpacking the mattress

All mattresses are delivered compressed and packed in recyclable plastic. They are compressed to make them easier to handle for our customers and by minimizing the transported volume; we reduce our effect on the environment.

1. Start with making sure that the package is undamaged. Remove the plastic bag and any protective material. Avoid using a knife when opening the package, since this could damage the hygiene cover.
2. Always check that the mattress is correctly placed inside the cover, see label.
3. Correct the cover. Mattresses that are delivered with the divisible Evac cover are packed with the top part folded inside the mattress. Lay out the top part and close the zipper.
4. The mattress should lay unpacked, on a flat surface, for about 2 hours before it is used. However, if needed, the mattress can be used immediately. It can take up to one week before the mattress has resumed its full width/length/height after the compression.



## 4 Cleaning and reconditioning

It is important to follow the below instructions before the product is used for a new user. When unsure, contact the hygiene responsible or contact the supplier for help and further instructions.

### IMPORTANT!

Check the hygiene cover every time it is being cleaned. If the cover is damaged, it is to be replaced or repaired. If the product is equipped with an Evac-cover, handles and straps also need to be checked regularly. Follow the local instructions and the cleaning agents' instructions carefully.

### 4.1 Hygiene cover including inner cover



Covers can be wiped off with a mild cleaning solution or disinfected with solution for this purpose such as: alcohol with or without tensides, Isopropanol 70 %, oxidating solutions or Chlorine max 1 %. If using a different agent, choose one that does not affect the plastic pump housing.

Excrement and blood spots must be removed immediately with cold water. Carefully follow local instructions and usage instruction for the cleaning solutions.



Multi-layer covers should be divided before washing. Wash with like colours.



Chlorine and phenol-based cleaners could have a negative impact on the PU surface and should be avoided. If chlorine is used, we recommend a mixture of max 1 %.

### 4.2 Mattress core



The hygiene cover protects the foam core completely, which means cleaning seldom is necessary. If, for any reason, the core needs to be cleaned, use a mild cleaning solution and water (for example spray on). Press out the water carefully.

Let the foam core dry in a warm, ventilated area, without direct exposure of sunlight. The foam core needs to be completely dry before it is used again. When needed, use a mild cleaning solution or disinfect with solutions for this purpose such as: alcohol with or without tensides, Isopropanol 70 %, oxidating solutions or Chlorine max 1 %.

Carefully follow local instructions and usage instruction for the cleaning solutions.



## **5 Miscellaneous**

### **5.1 Storage**

Store the mattress on a flat surface or carefully rolled/folded with the zipper closed. Always store at room temperature in a dry area. Make sure the mattress is stored where it will not be exposed to thrusts, hits or other things that can damage it. Avoid direct exposure of sunlight. If the mattress is to be stored more than 3 months, we recommend it is stored on a flat surface (not folded or rolled up).

### **5.2 Labelling**

The mattresses are labelled with product name, production date, article number, size, care and wash instructions, EAN-bar code, as well as space for own labelling.

### **5.3 Warranty**

See section 2.2 for detailed information regarding warranty for each mattress. The warranty is valid for production errors. It is not valid for normal wear or deterioration of the product or damages that occur because of careless handling or care of the product.

### **5.4 Service and maintenance**

The mattress needs no other service or maintenance than cleaning as described in this user manual.

### **5.5 Repairs**

For instructions, contact the supplier.

### **5.6 Recycling**

All bed products are fully recyclable and should be recycled as “combustible waste”. No dismantling needed.

### **5.7 Returns and complaints**

Complaints are to be reported to the supplier. Return of a product shall follow the supplier's instructions and can only be done after the complaint has been reported. Damages due to the transport should be reported to the transportation agent.

## 5.8 Symbol Definitions



Article No



Manufacturer

XXXX-XX-XX

Year-Month-Day



Read the user manual



Group of function



CE marked acc. to  
MDD 93/42/EEC



Recycling



Recommended user weight



Patient information  
– category



Directly on bed base



Place on top of  
existing mattress



Can be rotated



Can be turned



Counteract shear force



Place on top



Place underneath



Do not wash



Machine wash at 70 °C



Machine wash at 95 °C



<1%  
Chlorine



Tumble dry



Do not tumble dry



Drip dry



Do not iron



Do not dry clean



Wipe off



Resistance to ignition.  
Conforms to BS 7177:2008  
for medium hazard.

## 6 Accessories

Available accessories are listed below.

Top part Stone (Optimal 5zon® C5)	452-xxxxxx*
Bottom part Evac (Optimal 5zon® C5)	461-xxxxxx*
Bag to replacement mattress, 80-90 cm width, polyester	58-900902
Bag to replacement mattress, 105-120 cm width, polyester	58-900905

\*-xxxxxx in the article numbers signifies the size of the product. For example, 461-090200 signifies an Evac cover bottom part in the size 90x200 cm.

### 6.1 Other accessories

#### Optimal Extension Part

The extension part is an accessory used to fill out the space that a short mattress leaves in a long bed. The extension part is available in many different sizes, depending on width and height of the mattress.

#### Optimal Hygiene Pillow

The Optimal Hygiene Pillow is developed for caring environments, is comfortable and very easy to clean. Delivered with a removable hygiene cover. The pillow is available in the following sizes: 35x45, 50x60 and 50x70 cm.

#### Optimal Sens

An anatomically shaped pillow, that gives maximum neck support. Produced in visco-elastic foam and delivered with a removable hygiene cover.

#### Curera® Support Wedge

An aid for positioning and position changes. The support wedge is easy to use and has a removable liquid resistant hygiene cover.

#### Molly Heel Protection

Molly, provides comfort for relief of heel. The user can move his leg and make position changes. Comes with a removable liquid resistant hygiene cover. Molly is available in sizes Small, Medium and Large.

#### Curera® Positioning Pillows

Curera® is a range of pillows used for positioning, relief and support in all kinds of care facilities. When bedbound individuals don't move enough, it increases the risk of pressure ulcers. With regular position changes, this risk can be reduced and the comfort level increased.

Please contact Care of Sweden or your local dealer for accessories or more information on our products.



Manufactured by



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