

Premium "Gel" Heel Pillow 6118 CHECKLIST



Facility		Contact	
Facility Name		Name	
Street Address		Title	
City/State/Zip		Nursing Unit	
Instructor		Date	
Signature			

Description	Competency Level	Date	Comments
APPLICATION INSTRUCTIONS: DO NOT walk while wearing this product!			
1. Release all hook & loop enclosures.			
2. Place the patient's foot into the "Gel" Heel Pillow so that the heel is suspended over the opening.			
3. Attach the calf and ankle strap to the opposing side. The straps should be applied securely to ensure the "Gel" Heel Pillow cannot be easily removed from the patient's lower leg. Place fingers through the heel opening to ensure that the heel is properly isolated.			
4. Ensure that the foot drop straps are threaded through the white tabs and adjust to the desired degree of control.			
Note: Ambulation Sole is intended for short distance patient transfers only.			

Before use, make sure to read the instructions accompanying the product. A copy of the instruction sheet is included with the product and can also be downloaded at www.posey.com.

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Description	Competency Level	Date	Comments
Heating and Cooling the Pad 1. Heating: Place the gel pad in a container of water to raise its temperature to the desired level. Before applying, knead the pad to ensure uniform heat distribution. DO NOT heat in a microwave!			
2. Cooling: Place the gel pad in a freezer for 30 minutes. Before applying, knead the pad to ensure uniform temperature distribution.			