

First Step Select



This is the recommended daily and weekly cleaning and infection control procedures for the First Step Select Therapy System while in use.

Daily care and cleaning

The patient does not need to be removed from the therapeutic surface when performing daily cleaning procedures. The patient may be bathed as the top surface is being cleaned.

- Cover sheet or therapeutic surface can be cleaned during patient bathing.
- Dry cover sheet or therapeutic surface with towel.

Weekly care and cleaning

The cover sheet should be laundered or replaced weekly, or more often as needed.

Excessively soiled therapy system and cover sheets should be replaced and cleaned according to Infection control procedures.

Disassemble therapeutic surface and cover sheet for laundering and cleaning

1. Press power button to deactivate therapy control unit.
2. Unplug therapy control unit from wall outlet.
3. Disconnect hose set from therapy control unit and therapeutic surface.
4. Remove cover sheet (if used).

Infection control procedures

The therapy system must be disinfected after each patient use. Always use universal precautions, treating all used equipment as contaminated.

Accessories needed:

- Latex or rubber gloves.
- Plastic apron or gown.
- Protective eyewear.

Laundry cover sheet



Handle soiled items as little as possible, with minimum agitation to prevent gross microbial contamination of the air.

1. Wear protective clothing.
2. Laundry cover sheet in washing machine:
 - Spray heavily soiled areas with stain-removing prewash spray. Follow container directions for use.
 - Set machine temperature on warm wash, using the longest wash cycle. Select a cool or cold water rinse.
 - Add measured high-quality laundry detergent and allow machine to fill with water.
 - If chlorine bleach has been recommended by a health care professional, add 8 oz. of high-quality chlorine bleach to the laundry soap and water.
 - Add soiled cover sheet.
3. Wipe the top of the washing machine, lid surfaces and inside the rim with a disinfectant to ensure clean laundry is not re-contaminated.
4. Remove protective clothing if used. Discard or clean according to instructions from health care professional.
5. Wash hands before handling clean laundry.
6. Remove cover sheet from the washer after full cycle is completed.
7. Place cover sheet into dryer.
8. Tumble dry on warm or low heat (below 140° F (60° C)).
9. Remove cover sheet from dryer when completely dry and store in a clean area.

Laundry overlays, mattress and tote bag

Overlays should be laundered monthly (or more often, if necessary).

For the First Step Cirrus overlay, placed plastic caps over the air inlets before laundering.

1. Set washing machine for warm wash - cold rinse cycle.
2. Spray heavily soiled areas with stain-removing pre-wash spray.
3. Add a powdered, high-quality laundry detergent measured in accordance with manufacturer's directions and approximately 1 cup bleach to wash water (1/2 oz of bleach per gallon of water).
4. Allow washing machine to agitate for two minutes before adding product.
5. For the First Step Cirrus overlay remove the plastic caps from air inlets before tumbling or air drying.

Tumble dry using low heat or no heat dryer setting, or allow to air dry. A high heat setting may damage mattresses, overlays and cover sheets.

Clean therapy control unit and hoses

The therapy control unit and hoses should be cleaned weekly (or more often, if necessary).

1. Unplug therapy control unit from wall outlet.
2. Scrub all surfaces and hoses with a damp, coarse cloth or brush using a germicide solution.
3. Remove all visible soiling.
4. Wipe off excess germicide solution.
5. Wipe all surfaces with a damp cloth containing disinfectant to provide a final disinfection.
6. Allow to air dry completely.

Clean foam base

The foam base should be cleaned weekly (or more often, if necessary).

1. Wet a clean, coarse cloth with germicide solution and squeeze out excess solution.
2. Lightly scrub foam base with wet cloth. If foam base is too heavily soiled, remove and replace with a new base.
3. Allow foam base to air dry completely.

Clean and disinfect V-Series adaptor

The V-Series Adaptor should be cleaned regularly after each patient use. Removed prior to cleaning and disinfection.

Clean the surface of the V-Series Adaptor with a mild soap or organic solution and water in order to remove gross contaminants prior to using standard disinfection solutions.

All disinfection solutions must be properly diluted according to manufacturer's instructions. Follow standard institutional cleaning and disinfection procedures.

1. Disinfect using a wipe down approach with a 70% alcohol solution or bleach 1000 ppm.
2. Rinse with a wet towel to remove chemicals.
3. After wipe down, dry surface with a towel.

Clean air filter

The air filter should be cleaned weekly (or more often, if necessary).

1. Remove air filter from rear of therapy control unit by pinching center of filter and pulling outward.

2. Vacuum filter to remove dust before washing.
3. Soak filter in germicide solution for 10 minutes.
4. Squeeze out excess solution from filter.

5. Allow filter to air dry completely.

6. If air filter is ripped, torn or damaged, contact manufacturer for replacement part immediately.

