

**safehip®**  
by Tytex



THE ACTIVE CHOICE IN HIP PROTECTION

# FALLS FACTS

## THE RISK OF FALLING INCREASES WITH AGE

- 30-40% of healthy older people suffer from falls.
- 1 in 3 people over the age of 65 fall at least once on an annual basis.
- Bone fractures are a frequent result of this.
- Fractures in the hip and thigh regions have particularly serious consequences.
- Such injuries require painful and lengthy treatments, as well as regular care, which often impacts independence and quality of life.

The World Health Organisation estimate that the annual number of hip fractures worldwide will rise from 1.7 million in 1990 to around 6.3 million by 2050.

Prevention is better than cure. It is better to prevent falls and protect yourself in order to minimise the negative consequences of a fall, this helps to maintain personal mobility and independence.

## REDUCING THE RISK OF FALLS

- Strengthening muscles by daily exercises and movement
- Balance and coordination training
- Removal of sources of risk in the household
- Abstaining from alcohol

## REDUCING THE NEGATIVE CONSEQUENCES OF FALLS

Not all risks of falling can be controlled or eliminated. Hip protectors can effectively and inexpensively help prevent hip fractures.



# PRODUCT RANGE



SAFEHIP® with patented horseshoe technology has been in existence since 2006. The horseshoe-shaped protectors assist the natural physical function by not only reducing the energy of the impact, but also diverting it to the surrounding soft parts.



AirX-protectors, 100% textile protectors, followed in 2008. They are made of breathable fabric, are especially skin friendly and hardly wear out.



An unprotected sideways fall onto the hip is the most common cause of a fracture of the femur neck. SAFEHIP® hip protectors provide maximum protection in falls.



Standard protectors: Force of impact is only reduced. The reduced energy impacts on soft tissue and bones.



Patented SAFEHIP® protector:  
The horseshoe design assists natural physical functions. Force of impact is thus reduced and diverted to the surrounding softer tissue.

# PRODUCT RANGE

## SAFEHIP® AirX UNISEX - SEWN-IN SHIELDS (WHITE)



CODE	DESCRIPTION	SIZE	HIP SIZE (CM)	UOM/QTY
SA336550-00	Safehip® AirX Unisex	X-Small	65-85	Ea/1
SA336550-01	Safehip® AirX Unisex	Small	75-95	Ea/1
SA336550-03	Safehip® AirX Unisex	Medium	90-110	Ea/1
SA336550-05	Safehip® AirX Unisex	Large	100-120	Ea/1
SA336550-07	Safehip® AirX Unisex	X-Large	110-140	Ea/1
SA336550-09	Safehip® AirX Unisex	XX-Large	120-150	Ea/1

## SAFEHIP® Active UNISEX (BLACK)



CODE	DESCRIPTION	SIZE	HIP SIZE (CM)	UOM/QTY
SA819050-01	Safehip® Active	Small	85-95	Ea/1
SA819050-03	Safehip® Active	Medium	95-105	Ea/1
SA819050-05	Safehip® Active	Large	105-115	Ea/1
SA819050-07	Safehip® Active	X-Large	115-125	Ea/1
SA819050-09	Safehip® Active	XX-Large	125-140	Ea/1



### Clinically proven

SAFEHIP® is the most commonly clinically tested hip protector. SAFEHIP® has been tested on a total of 7000 patients worldwide so far. It can reduce fractures of the femur neck by up to 64%\*. For further information: [www.safehip.com/da/safehip-technologies](http://www.safehip.com/da/safehip-technologies)

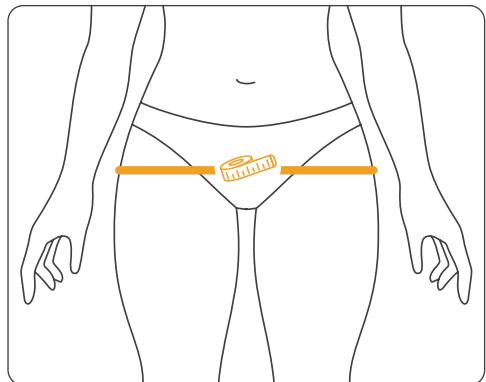
\*Users compared to non-users in a clinical study conducted in Norwegian care homes - Bentzen H, Bergland

# SIZES

## HOW DO YOU DETERMINE THE CORRECT SIZE?

Measure the dimensions of the broadest part of your hips to find the appropriate size. If the dimensions are between two sizes, the smaller size should be chosen if the user has slim thighs. The larger size should be chosen in the case of more sturdy thighs. The hip measurement indicates where the shields will be positioned to protect hip. Tolerance +/- 2 cm.

**NB: If you prefer firmer fitting garments and fall between the two size ranges we would recommend you select the smaller size.**



### SAFEHIP® AirX

SIZE	HIP SIZE (CM)
X-Small	65-85
Small	75-95
Medium	90-110
Large	100-120
X-Large	110-140
XX-Large	120-150

### SAFEHIP® Active

SIZE	HIP SIZE (CM)
Small	85-95
Medium	95-105
Large	105-115
X-Large	115-125
XX-Large	125-140



# PRODUCT CARE

## HOW TO CARE FOR YOUR SAFEHIP® PRODUCTS

1. Safehip® can generally be washed up to a maximum of 60° / 140° F. Washing at a higher temperature will deform and/or shrink the shields and pants, and if it happens, use must be discontinued.
2. Dye coloured Safehip® products should preferably be washed at 40° / 104° F in order to avoid the colour from fading.
3. The lifetime of your Safehip® product will be increased if it is washed in a laundry net bag.
4. DO NOT use bleach as this will damage your Safehip® product over time.
5. If soiled by urine, immediately soak or wash as uric acid is caustic.
6. Safehip® can be tumble dried at a low temperature.
7. Regarding industrial laundering, Safehip® should never be subjected to excessive pressure during the washing or drying process as pressure combined with heat may deform the shields.

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