

Canadian Association of Occupational Therapists  
**Product Recognition Program**

**Signature Life Sure Stand Security Pole**



Available online at [www.caot.ca/prp](http://www.caot.ca/prp)





Report last updated March, 2018

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The information compiled in this report was designed for informational purposes and to communicate the final conclusions of a documented review process. The decision to award a seal of recognition **does not supersede or replace other codes, requirements or regulations** set by authoritative organizations of a specific jurisdiction. CAOT encourages health professionals to act in a responsible manner and according to best practices for the recommendation, assessment, installation and maintenance of this product. It is critical to **follow the recommendations set by the manufacturer and/or distributor** of this product and, when relevant, engage domain expert for training, use, installation, maintenance and repair.

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**Specific questions** related to this product(s) (including usage, availability, pricing, etc.) should be addressed directly to the manufacturer and/or distributor. Please contact Stander Inc. by email at [sales@stander.com](mailto:sales@stander.com) or by phone at 1(800) 506-9901 extension 126. Also, customers or potential customers are invited to watch the instruction video of the Signature Life – Sure Stand Security Pole: <https://vimeo.com/248197856>. Concerns or questions related to the content of this report should be addressed to Julie Lapointe, Director of Knowledge Translation Programs, at [jlapointe@caot.ca](mailto:jlapointe@caot.ca) or at 1(800) 434-2268 ext. 260.

The conclusions presented in the current report are derived from the best information available. In the case that new information becomes available and grants a modification to the conclusions, CAOT reserves the right to update and issue a new report of this product at any time.

### Acknowledgement

The generation of this report would not have been possible without the contribution of occupational therapists and members of the Canadian Association of Occupational Therapists (CAOT).



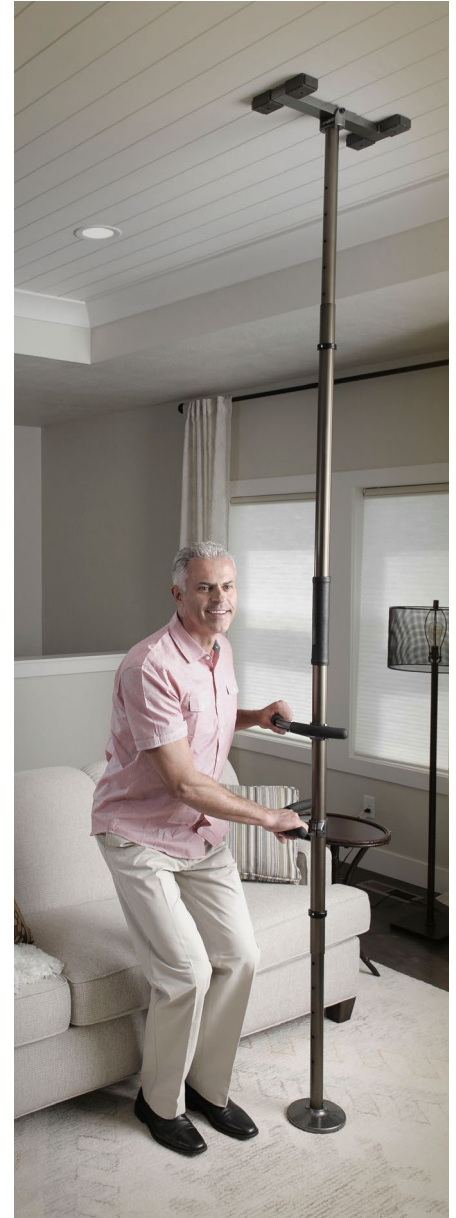


## Executive Summary

The Signature Life Sure Stand Security Pole is a device that can provide support to individuals in their homes for sit-to-stand transfers. Reviewers recommended that the Signature Life Sure Stand Security Pole be accepted for the CAOT Product Recognition Program. Information and recommendations regarding the performance of the product are provided in this report.



**Signature Life Sure Stand Security Pole  
is recognized by CAOT.**





## Review report

### The purpose of this product

The Signature Life Sure Stand Security Pole is a device that can provide support to individuals in their homes. This device can allow an individual to safely transfer from a sitting to a standing position, and vice versa. This Security Pole is tension mounted so can be installed without any bolts or screws. Installation takes approximately 15 minutes and can be done on flat, slanted and vaulted ceilings. This Security Pole has two hand grips which can be rotated 360 degrees and adjusted to the desired height.

### Performance of the product (efficacy, usability, safety, reliability, durability)

- Reviewers found this product to be well designed, durable and made out of robust material; it is made of aluminum, therefore lightweight, washable and rust resistant.
- The Security Pole can be installed anywhere in a user's home without having to change the look and "feel" of the home.
- The maneuverability of the ceiling and floor assembly pivots allows this device to be easily mounted on a variety of different ceiling heights or angles and flooring types (i.e. linoleum or carpet), enabling a user to utilize this Security Pole within the physical parameters of their space. This product is ideal for the bathroom, which is the most common place for falls. Users may also find these poles useful for getting up and down from couches, chairs, and beds. This product is available in grey or deep bronze, so users can select the colour that is the best match for the look and feel of their homes.
- The two handles are useful in assisting with standing up safely from a sitting position, and vice versa. These handles can be fixed at any height on the pole and in any position around the pole – front, back, or any side – to suit the needs of the user. The location of either handle can be changed; however, the process requires that the handle be unattached and then reinstalled each time the user wants to adjust the position.
- There is a 300 lb/136 kg weight restriction for this product. The reviewers found that this could be more clearly indicated in the instructions.
- Reviewers found the installation of this product to be simple using the easy-to-follow instructions with associated pictures and diagrams. Reviewers recommend labeling the parts in the future to increase the ease of installation.
- Installation of this product is possible with 1 person. However, reviewers do recommend that the installation be made by two people to ensure safety during this process.
- Once installed, this Security Pole does not require a lot of maintenance, however regular monitoring is suggested as unforeseeable factors could make the parts loosen or come apart. Monitoring and maintenance warnings are listed in the instruction booklet. The company also provides a telephone number that the installer/user can call if there are any questions or concerns with regards to the product and its safety.



## Important recommendations

The reviewers would like to highlight some important factors related to the use of this Security Pole:

1. There is a 300 lb. / 136 kg weight restriction for this device. Therefore, the reviewers recommended that this product not be used with individuals who are close to or above that weight.
2. The height of the two hand grips on the pole is difficult to re-adjust once bolted in place. Care should be taken to ensure the location is accurate before tightening the bolts for use.
3. The reviewers suggested that a user must have good upper extremity strength in order to be able to benefit from using this product.
4. Finally, a follow-up process should be in place to ensure that the product has been installed as recommended to avoid a user falling because the product is not properly secured.

## Economic considerations

Two of the three reviewers found that this product offers good value for the investment considering the quality of the product and the ease of installation.

## Scientific evidence

A literature search was conducted but no scientific publications were found regarding the efficacy of floor-to-ceiling security poles. According to Vena, Novak, King, Dutta and Fernier (2015), a vertical pole positioned centrally between both shoulders results in lower physical demands than other positions. A mixed method study however reported that vertical bars on a side wall were preferred by both older adults and younger adults, and that strategic placement of grab bars increases users' sense of security (Guitard, Sveistrup, Edwards, & Lockett, 2011).

## Review committee

The Signature Life Sure Stand Security Pole was reviewed by three occupational therapists who all have experience working with clients in a community setting. They developed their expertise through continued exposure to numerous types of equipment and devices available for modifying environments.



## Final recommendation

Reviewers were unanimous and recommended that the Signature Life Sure Stand Security Pole be accepted for the CAOT Product Recognition Program. An occupational therapist may recommend the use of this product for individuals who are at risk of falls, such as those with limitations in balance, mobility, lower extremity strength, and/or endurance. Reviewers of this product have suggested that various populations can benefit from this Security Pole including the elderly, those who have recently undergone knee/hip surgery, and those with progressive health conditions such as multiple sclerosis and muscular dystrophy. The Signature Life Sure Stand Security Pole has the potential to promote “ageing in place”, enabling individuals to maintain independence in their own homes for as long as possible.

## References

- Guitard, P., Sveistrup, H., Edwards, N., & Lockett, D. (2011). Use of different bath grab bar configurations following a balance perturbation. *Assistive Technology, 23*(4), 205-215.
- Vena, D., Novak, A. C., King, E. C., Dutta, T., & Fernie, G. R. (2015). The evaluation of vertical pole configuration and location on assisting the sit-to-stand movement in older adults with mobility limitations. *Assistive Technology, 27*(4), 208-218.