## Slider Sheet Safe Work Practice

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Unravelling Technique: Follow these steps to use:

1. Put the two slider sheets together lengthwise (should be “most” slippery sides against each other, most slippery is the side opposite the black handles).
2. Fold them over into 6-8” folds. Roll the folds underneath, such as the diagram below.

![Slider Sheet 1](image1)

Slider Sheet 1

Slider Sheet 2

3. Place under the patient's head with loose end towards head of bed, just like the diagram above.
4. Sliding the sheets under the patient's pillow is the preferred method. Otherwise, carefully raise the patient’s head off of bed. Bring the sheets as close to the patient’s shoulders as possible.
5. The hand closest to the head of the bed pushes the loose ends down against the bed to hold in place.
6. The hand closest to the foot of the bed grabs the roll from underneath with palms up and unravels the sheet towards the feet of the patient, without lifting up or lifting the hand off of the bed. This will help to prevent skin shearing.
7. Then, move down the bed, repositioning your hands on the loose end and folded end to prevent over-reaching. Unravel the next fold as per step 6.
8. Continue with steps 5-7 until the sheet is fully unraveled.
9. Note: If there is a soaker pad present, the sheets can be unraveled under the soaker pad.

Log-Roll Technique (or Tri-Turner sling and lift for safer method of rolling a patient...refer to the tri-turner sling video):

1. Position the bed at approximately waist height.
2. Ask the patient to cross their arms and bend their knees, if possible.
3. Remember to use proper body mechanics and the STABLE method described on the next page.

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1 adapted from ArjoHuntleigh Getinge Group Instructions for Use for MaxiSlide sheets (NSX01000-INT4-Issue 6) dated 05/2014
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4. Ask your partner on the other side of the bed to pass you the sheet that is under the patient.
5. Ask your partner to pass the sheet to you over the patient.
6. Grasping the sheet and the side of the patient, roll the patient towards you at the same time that your partner assists from the other side.
7. Your partner will place the slider sheets over the patient and tuck the extra under the patient.
8. You will roll the patient towards your partner who will in turn control the patient’s movement onto the mattress.
9. Repeat steps 3–6 to roll the patient to the other side. Be careful as the patient may slide during this roll. Ensure they do not slide off the bed.
10. Untuck the slider sheet and spread it out over the bed, ensuring to eliminate creases.
11. Roll the patient onto their back.

Repositioning/Moving:

**WARNING:** Due to the slippery nature of the slider sheets, be careful when moving a patient because there have been incidents of the patient’s head hitting the headboard of the bed due to improper use. Place a pillow at the head of the bed.

Three procedures can be used, all depend on the STABLE method and must be completed by two staff (more if the patient weighs greater than 250 pounds):

**STABLE method.**

*S* = Maintain the natural curves of your **SPINE**.
- Butt out, Chest up, Eyes forward.

*T* = Avoid **TRUNK TWISTING**.
- Point your toes in the direction you’re reaching.

*A* = Keep **ARMS** close to your body.
- Elbows in and Elbows down. Remember to keep palms of hands up.

*B* = Maintain a wide **BASE** of support.
- Feet should width apart, staggered stance (one foot a half step forward), slight bend at the knees

*L* = Use your **LEGS**.
- Knees and hips should move, NOT your spine.

**E** = **EVALUATE** the load, environment, abilities and limitations.
- Set up first and use the safest method.
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**Procedure One**, standing at the side of the patient, facing the foot of the bed:

1. This procedure is used to reposition a patient to the head of the bed.
2. Ensure the bed is raised to just below waist height and the bed is in a Trendelenburg (head of the bed lowered) position.
3. Grab the handles of the slider sheets closest to the patient’s head.
4. Stand on the side of the patient, facing the foot of the bed.
5. Make sure you communicate well with your partner. At the same time as your partner, walk a few steps slowly backwards, as space allows, towards the head of the bed while keeping your elbow into your side.

**Procedure Two**, standing at side of bed:

1. This procedure has been often taught in the past for use with draw sheets.
2. This technique can be used to move the patient in stages, not one big draw.
3. Face the patient at their torso (chest) level.
4. Grasp the top slider sheet, as close to the patient as possible.
5. Ensure the bed is raised to just below waist level of the shortest person and the bed is in a Trendelenburg/Reverse Trendelenburg position, depending on the direction you are moving the patient.
6. Position your body using the STABLE method with a greater proportion of your weight over your leg that is closest to the patient’s feet. Do NOT move your weight beyond your base of support (do NOT go beyond your foot)
7. Move the patient in the direction you wish to go by shifting your weight from one leg to the other, keeping your arms by your side. Do NOT move your weight beyond your base of support (do NOT go beyond your foot).
8. Reposition yourself if you need to move the patient further.

**Procedure Three**, diagonal:

1. This technique can be used if the slider sheets do not have handles.
2. Position yourself where you want to move the patient. For example, if you wish to move the patient to the head of the bed, stand at the head of the bed facing midway between the patient and the foot of the bed.
3. Grasp the slider sheet as close to the patient as possible.
4. Using the STABLE method, pull straight back (see pictures below). Again, remember to have a greater proportion of weight on your forward leg and weight shift backwards onto the leg behind you.

Lateral Transfer (from one surface to another)

1. For ease of description, this procedure will be described as going from bed to a stretcher.
2. Place two slider sheets under the patient as per the unravelling technique described above.
3. If available, attach four pull straps (or towels/pillow cases) to the top slider sheet on the side you will be moving the patient.
4. Bring the stretcher beside the bed. The stretcher should be the same height or slightly lower than the bed.
5. Ensure the brakes are locked for both the bed and stretcher. If the brakes are not working properly, follow your safe work practices for non-serviceable equipment, otherwise the patient is at risk of falling between the bed and the stretcher.
6. Roll the patient towards the side opposite to the stretcher using the slider sheets and handles and place a rigid sliding board underneath the slider sheets in order to bridge the gap between the bed and stretcher. The rigid sliding board will help to prevent the patient from falling between the bed and stretcher.
7. Move the handles attached to the slider sheet and place them on top of the stretcher.
8. On the stretcher side, two staff will grab two handles each while a third person stands beside the bed on the other side of the patient.
9. The staff with handles pull while the other staff pushes the patient to move them from the bed to the stretcher.
10. Remove the rigid sliding board from underneath the patient and slider sheets.
11. Remove the slider sheets as described below.
Removing Slider Sheet

Use the following procedure to remove the slider sheets. Remove the bottom sheet first, then the second sheet, or both sheets using this method:

1. This can be done starting at the head or feet. Choose the best approach based on the space available.
2. One partner grasps the corner of the bottom slider sheet (or both) that is by the patient and closest to them.
3. Fold the corner under the bottom (or both) slider sheet(s)
4. Pass the corner to your partner under the patient’s natural space between the neck and bed, or the legs and the bed.
5. Pull the sheet away, going in a diagonal direction.