

Slider Sheets – Manual Positioning with Two Care Givers

Instructions

Boosting the patient up in bed:

Grasp the slider draw sheet using whole hand, with the inside hand on the bottom.

Keep elbows at sides and wrists straight.

Weight shift backwards using the **walk stance**. Repeat until the patient is to the top of the bed (usually two or three shifts backwards).

Turning the patient in bed:

Turn the patient's head and place arms in the direction of the turn.

Cross the patient's leg in the direction of the turn.

Place a pillow between the patient's legs prior to the turn to increase the patient's comfort.



Safety Points

Manual repositioning in bed is **only** to be done if the patient has been assessed with the **Repositioning Decision Support Tool** and found to be appropriate for manual repositioning.

If the reposition feels heavy, or the patient is resistive, **STOP**. Report the change in condition to supervisor. The patient needs to be reassessed.

Ensure the bed is at **elbow height of the shorter care giver** prior to turning or boosting the patient up in bed.

Ensure **adequate space at the head and side(s) of the bed** to effectively weight-shift.

SLIDE – do not lift the patient.

PATIENT HANDLING PROCEDURE

Form two handles with the slider draw sheet and weight shifts backwards using the **walk stance**, turning the patient onto his or her side.

This motion will shift one of the patient's hips back under the other, rather than log rolling them in place.

Pass the slider draw sheet to the second care giver.

Tuck a pillow behind the patient to maintain side-lying.

Flatten out the slider draw sheet with the pillow remaining behind the patient.

Put the bed rails up.



Keep wrists straight and elbows at side while in the walk stance position.

This will leave the patient centered in the bed, rather than rolled towards the far side.