

Boosting using Removable Slider Sheets Safe Work Procedure

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Risk Factors: Manually repositioning a client involves strain on healthcare workers. Removable slider sheets (e.g. Maxi Slide sheets, etc.) reduce the amount of force required to manually reposition a client.

Client Considerations:

- Workers need to consider a client's weight when determining if removable slider sheets are appropriate repositioning equipment for a client needing moderate to full assistance from workers for repositioning. Removeable slider sheets begin to lose effectiveness for a client weight greater than 250 lbs./113 kg.
- Removable slider sheets are not to be used to reposition a client with bariatric needs who requires moderate to full assistance from workers with repositioning. A client with bariatric needs could use removable slider sheets to facilitate self-repositioning.

Number of Workers: 2 workers are needed to boost a client using removable slider sheets.

Equipment Needed: 2 removable slider sheets.

Procedure:

1. Equipment Preparation:

- The removable slider sheets are positioned under the client using one of the following techniques:
 - An unraveling technique (refer to the "Positioning Removable Slider Sheets under a Client" safe work procedure for further information)
 - By positioning the client in side-lying, then placing the removable slider sheets on the bed for them to lay back on.



2. Worker positioning

- One worker is positioned on either side of the bed.

3. Adjust the bed

- Position the bed in a flat position
- Put the side rails down on both sides of the bed.
- Adjust the bed to the appropriate working height (approximately hip height) for both workers' comfort and to allow them to use safe body mechanics during boosting.



4. Client positioning

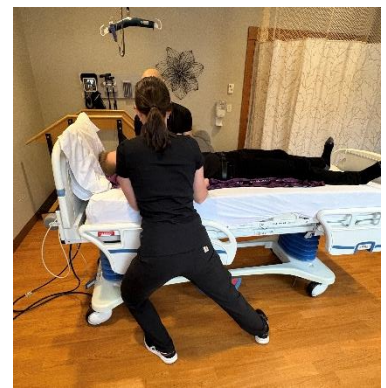
- Verify that the client is positioned centered on the slider sheets.
- Ask the client to position their arms crossed in front of them with their hands on their shoulders. This helps put the client's arms and shoulder blades in a better position for repositioning.

5. Planning to boost the client

- Workers discuss a communication plan to ensure they complete the client boost in sync (i.e. will communicate "1-2-3-slide" and move the client on the word "slide").

6. Boost the client

- If the client is able to, ask them to lift their head prior to the boost by tucking their chin to their chest.
- Workers communicate and complete the boost in sync.
- Workers use safe body mechanics principles of the powerful posture during boosting:
 - **Steady stance:** Wide base of support with feet shoulder width apart.
 - **Neutral Spine:** Ears, shoulders and hips are aligned.
 - **Bend at the Hips and Knees:** Strong leg muscles are engaged. Legs power the move with a sideways weight shift.
 - **Strong Grip:** Palms up grip is used to hold the top slider sheet.
 - **Load Stays Close:** Hands are positioned close to the client with one hand near the client's shoulder and one hand near the client's hip/buttocks. Elbows are kept close to the trunk.
 - **Keep the Core Strong:** Abdominal muscles are engaged.
 - **Minimize Twisting:** The face and feet are always pointed in the same direction.



7. Assess if additional boosting is needed

- Assess if the client has been boosted enough. If additional boosting is required, complete the above steps again.

8. Remove the removeable slider sheets following repositioning

- Hold onto a corner of both slider sheets together near the client's feet.
- Fold the corner of the slider sheets together as a unit underneath the bottom slider sheet.
- The worker(s) position themselves on the opposite side of the bed to the folded corner of the slider sheets.
- Pull the folded section using 1-2 workers until the slider sheets are fully removed from under the client.
- Refer to the safe work procedure for this removal technique for further information.



9. Leave the client in a safe position

- Put appropriate side rails up on the bed.
- Return the slider sheets to their storage place.

Resources:

- [Arjo Slide Sheets – Instructions for Use](#)
- Relevant safe work procedures
 - Positioning Removable Slider Sheets under a Client
 - Removing Removable Slider Sheets from under a Client
 - Turning using Removable Slider Sheets