

Positioning Removable Slider Sheets Under a Client

Safe Work Procedure

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Uses of Removable Slider Sheets:

- Repositioning clients who need moderate to full assistance from workers.
- For a client to use to assist with self-repositioning.
- Positioning a sling under a client who is lying in supine.
- Lateral transfers.
- Moving a client who has fallen.

Risk Factors:

- Manually repositioning a client involves strain on healthcare workers. Removable slider sheets (e.g. Maxi Slides, 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 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.

Number of Workers:

- If a client is able to turn on their side, 1 worker could position removable slider sheets under them while they are in side lying.
- 2 workers are needed to position removable slider sheets under a client using an unraveling technique.

Equipment Needed: 2 removable slider sheets.

Procedure:

A. Positioning Removable Slider Sheets Using a Side-Lying Technique

- If a client can turn to their side, cue them to. The following cues can assist a client with turning to their right side:
 - Ask the client if they can bend their left knee and plant their left foot on the bed or cross their left ankle over their right ankle.
 - Instruct the client to reach for the right-side rail.
 - Instruct the client to push with their planted left foot to help initiate the turn.

- Place the removable slider sheets on the bed one on top of the other. The top slider sheet has the black straps facing upward and the bottom slider sheet has the black straps facing downward.
- Have the client lay back onto the slider sheets.

B. Positioning Removable Slider Sheets Using an Unraveling Technique

1. Adjust the bed

- Position the bed in a flat position with 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.

2. Equipment Preparation

- Place the removable slider sheets one on top of the other on a surface or over the client.
- The top slider sheet has the black straps facing upward and the bottom slider sheet has the black straps facing downward.
- Fold the slider sheets together in 1 foot sections until the full length is in a rolled packet.
- Flip the slider sheet packet so the rolled section is on the bottom.
- Place the rolled slider sheet packet under the client's head with the rolled section on the bottom.



3. Worker positioning

- One worker is positioned on either side of the bed.
- Workers position their body positioned perpendicular to the bed. They face the headboard of the bed.

4. Planning

- Workers make a communication plan to ensure they complete the unraveling of the slider sheets in sync (i.e. communicate "1-2-3-pull" and unravel one slider sheet fold at a time under the client on the word "pull").



5. Unravel the removeable slider sheets under the client

- Use safe body mechanics principles by positioning into the powerful posture:
 - **Steady stance:** Wide base of support with feet in a staggered stance.
 - **Neutral Spine:** Ears, shoulders and hips are aligned.
 - **Bend at the Hips and Knees:** Strong leg muscles are engaged. Legs will power the move with a backward weight shift.
 - **Strong Grip:**
 - i. Each worker positions their forearm that is closest to the bed under the slider sheet packet to grip the folded section with a palm's up grip (this hand will pull and unravel the folds).
 - ii. Each worker holds the top of the slider sheet packet that is the first unraveled fold with their hand that is furthest from the bed using a palms up grip (this hand will stabilize the unraveled slider sheets).
 - **Load Stays Close:** Position your forearm under the slider sheet packet close to the client. Elbows stay close to the trunk.
 - **Keep the Core Strong:** Abdominal muscles are engaged.
 - **Minimize Twisting:** The face and feet always pointed in the same direction.



6. 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 sheet.
- The worker(s) position themselves on the opposite side of the bed to the folded corner of the slider sheets.
- Pull the folded corner 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.

7. 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](#)
- Other relevant safe work procedures:
 - Removing Removable Slider Sheets from under a Client
 - Boosting using Removable Slider Sheets
 - Turning using Removable Slider Sheets