

Positioning a Sling Under a Client Using Removable Slider Sheets

Safe Work Procedure

Issue Date: May 1, 2026

Last Review Date: _____

Reviewed By: _____

Risk Factors: Manually turning a client to position a sling under them involves strain on healthcare workers. There may be cases where manually turning a client is not possible given client factors or if there is not enough space in the bed to safely turn the client.

Client Considerations:

- If a client's width takes up the full surface of the bed, there may not be room to safely turn them to position a sling under them.
- In some cases, a client may be restricted to being turned or they may be fearful of turning, so an alternative technique is needed to position a sling under them using removable slider sheets (e.g. Maxi Slide sheets, etc.).

Number of Workers:

- 2 workers are needed to position the removable slider sheets and the sling under the client.
- 2 workers minimum are needed to move a client with a mechanical lift following the sling being positioned under the client.

Equipment Needed: 2 removable slider sheets and a sling.

Procedure:

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 that allows 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 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 over 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.



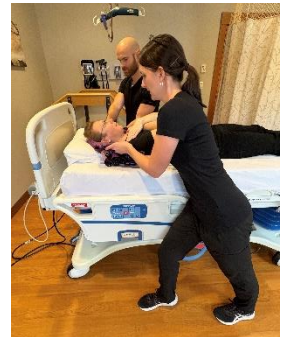


3. Worker positioning

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

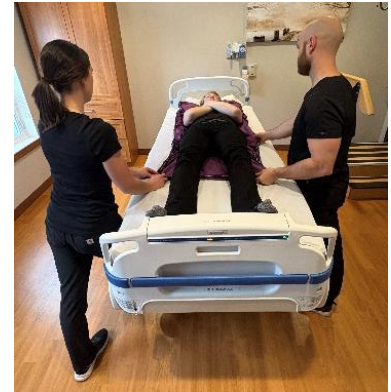
4. Planning

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



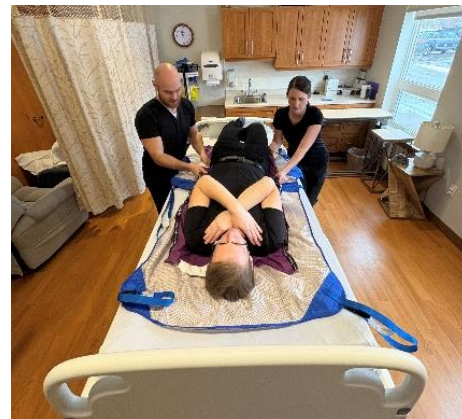
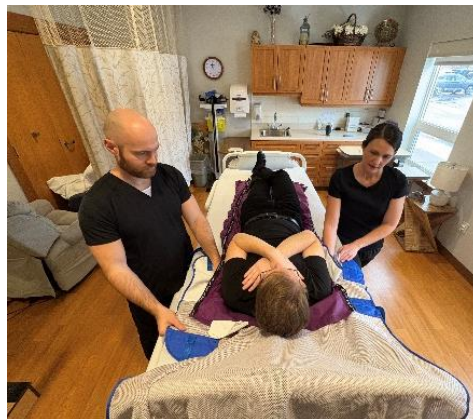
5. Unravel the removable slider sheets under the client

- Use safe body mechanics principles during the maxi slide sheet unraveling by positioning into the powerful posture:
 - **Steady stance:** Workers position themselves perpendicular to the bed with a wide base of support 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 backwards weight shift.
 - **Strong Grip:**
 - i. Each worker positions their forearm that is closest to the bed under the maxi slide sheet packet and grips the folded section with a palms up grip (this hand will pull and unravel the folds).
 - ii. Each worker holds the top of the maxi slide 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 maxi slide sheets).
 - **Keep the Load close:** Position your forearm under the maxi slide 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. Position the sling under the client

- Position the sling in between the two maxi slide sheets under the client's head.
- Centre the sling with the client's midline.
- Using the same body mechanics principles as outlined in step 5 above, workers pull the sling underneath the client until it is in the appropriate position under the client.



7. Remove the removable slider sheets

- The maxi slide sheets will need to be removed individually given the sling is in between them.
- Remove the maxi slide sheet that is between the client and the sling first.
 - Hold onto a corner of the top maxi slide sheet near the client's feet.
 - Fold the corner of the maxi slide sheet underneath itself.
 - The worker(s) position themselves on the opposite side of the bed to the folded corner of the slider sheet.
 - Pull the folded corner using 1-2 workers until the slider sheet is fully removed from under the client.



- Next, remove the maxi slide sheet that is between the sling and the bed using the same steps discussed above to remove the bottom maxi slide sheet.
- Refer to the safe work procedure for removing removable slide sheets for further information.



8. Move the client using a mechanical lift

- Attach the sling loops to an appropriate mechanical lift for the moving task.

Resources:

- [Arjo Slide Sheets – Instructions for Use](#)
- Other relevant safe work procedures:
 - Positioning Removable Slider Sheets Under a Client
 - Removing Removable Slider Sheets from Under a Client