

Removing Removable Slider Sheets from under a Client Safe Work Procedure

Issue Date: May 1, 2026

Last Review Date: _____

Reviewed By: _____

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. Removable slider sheets can be used by a client with bariatric needs to facilitate self-repositioning.

Number of Workers: 1-2 workers

Equipment Needed: 2 removable slider sheets (e.g. maxi slider sheets, etc.)

Procedure:

1. Grip the corners of the removable slider sheets

- Hold onto a corner of both removable slider sheets together near the client's feet.

2. Fold the corners of the removable slider sheets

- Fold both removable slider sheets together as a unit underneath the bottom slider sheet.

3. Worker positioning

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



4. Pull the folded section

- Pull the folder section until the removable slider sheets are fully removed from under the client using 1-2 workers. Depending on the client's weight, 2 workers may be needed.
- Use safe body mechanics principles of the powerful posture when pulling the removable slider sheets:
 - **Steady stance:** Workers position themselves with a 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 backwards weight shift.
 - **Strong Grip:** Pull the removable slider sheets using a palms up grip.
 - **Load Stays Close:** Elbows stay close to the trunk while pulling.
 - **Keep the Core Strong:** Abdominal muscles are engaged.
 - **Minimize Twisting:** The face and feet always pointed in the same direction.



5. 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:
 - Positioning Removable Slider Sheets Under a Client
 - Boosting using Removable Slider Sheets
 - Turning using Removable Slider Sheets
 - Positioning a Sling under a Client using Removable Slider Sheets