

Repositioning using a Repositioning Sheet

Safe Work Procedure

Issue Date: May 1, 2026

Last Review Date: _____

Reviewed By: _____

Risk Factors: The risk of accidents with mechanical lifts is high, if used incorrectly.

Client Considerations: The ceiling lift, the spreader bar and the repositioning sheet must all have the appropriate lifting capacity for the client. The repositioning sheet must be appropriate for the client's weight and size.

Mechanical lifts and repositioning sheets are appropriate to reposition clients who:

- Cannot assist due to physical or cognitive limitations
- Need moderate to total assistance with repositioning
- Need increased assistance of workers for repositioning due to size or medical condition
- Experience pain or fatigue with movement
- Are on bed rest and require frequent repositioning to prevent skin breakdown



Number of Workers:

- A minimum of 2 workers is required when moving a client using a mechanical lift. If transferring a client with bariatric needs, use a minimum of 3 workers.
- If additional workers are needed to manage the client and/or any attachments, the workers are to use their clinical judgement and acquire any additional assistance needed.

Equipment Needed: Repositioning sheet and ceiling lift or floor lift. A 4-point spreader bar is ideal for repositioning a client using a repositioning sheet. A maxi tube can be used under the client's heels during the repositioning to reduce shear force if the client's heels are outside of the repositioning sheet.

Procedure:

1. Repositioning sheet selection

- Ensure the selected repositioning sheet is appropriate for the client's weight and size.

2. Perform a visual inspection of the repositioning sheet

- Are there any signs of fraying on the straps? Are there any holes, loose stitching or discoloration? *If yes, the repositioning sheet should no longer be used.*
- Are you able to read the label to confirm the style of sling, weight capacity, and size? *If not, the repositioning sheet should no longer be used.*

3. Worker positioning

- Workers position on both sides of the bed.
- Adjust the bed height to an ergonomic height for workers.

4. Positioning the repositioning sheet under the client

- A repositioning sheet is intended to remain under the client. If the repositioning sheet is already under the client, continue to step #5. If there is not already a repositioning sheet under the client, use the below steps to position one under the client. Remove any existing linen under the client when positioning the repositioning sheet.
- Instruct or assist the client to roll to their side. A worker or workers can assist with supporting the client to remain in side-lying, if needed. Use safe body mechanics and avoid overreaching.
- One worker folds the repositioning sheet in half lengthwise and aligns it along the client's body – the top edge slightly above the head, bottom edge at or below the feet.
- Keep the bottom half of the repositioning sheet flat on the bed; roll and tuck the top half under the client.
- The client rolls onto their back and then their opposite side. Workers may assist as before, maintaining safe body mechanics. The client remains in a side-lying position until the tucked portion of the sling is fully released and positioned on the bed.
- After rolling onto their back, the client should be centered on the repositioning sling and positioned in the center of the bed.



5. Client positioning

- The repositioning sheet should be positioned under the full length of the client.
- Ask the client to position their hands on their shoulders prior to repositioning.
- If turning the client, position a pillow between their knees and along side rails.

6. Mechanical Lift Preparation

- A 2-point spreader bar or a 4-point spreader bar can be used. A 4-point spreader bar is ideal when using a repositioning sheet, as it has a wider design allowing better comfort for the client and easier strap attachment for workers.
- Depending on the lift's overhead tracking design, the surface that the client is positioned on may need to be moved for ideal client positioning under the lift.
- Lower the spreader bar with the center positioned above the client's navel (if using the 4-point spreader bar, the wider part should be placed towards the client's shoulders and narrower part towards the client's hips).

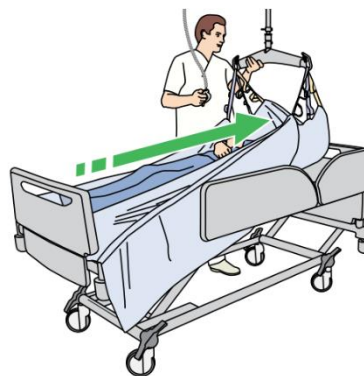
7. Reposition the Client

A. To Move the Client Up in Bed

- Position side rails of bed down on both sides of bed.
- Use the strap's loop lengths that give the client the best support and comfort. To assist with the attachment of loops, tilt the head of the bed upward.
- Attach the repositioning sheets straps from the top of head to the knees, use a minimum of five straps on each side. Use all hooks of the spreader bar. Ensure the bed is flat prior to repositioning.



- If the client's heels are outside the repositioning sheet, place a sliding aid (e.g. maxi tube, etc.) under the client's heels to avoid shearing forces.
- Begin to raise the spreader bar slowly to tension the straps. Verify that all repositioning sheet loops are attached appropriately and that the client is positioned in the repositioning sheet appropriately.
- Raise the client enough to clear the surface, then move the client upwards in bed.



- Depending on the style of mechanical lift being used, movement may be done mechanically or manually. If the movement is manual, use safe body mechanics to move the client.
- Lower the client onto the bed. Before detaching the straps from the mechanical lift, ensure that the client's body weight is fully supported by the bed and the straps are no longer in tension.

B. To Turn the Client

- Assess the client's current position in the bed. If the client needs to be moved to one side of the bed prior to turning to allow appropriate space to turn the client, complete the steps in 7A above to reposition the client first prior to turning. If the ceiling tracking of the lift is not ideal to move the client to the correct position, lift the client, then move the bed underneath them so that the client can be lowered to the correct position in the bed.
- To turn the client, position the side rails of the bed down on one side of bed that the client will be turning away from. The side rails on the side of the bed the client will be turning to should be up and pillows positioned alongside to prevent client contact with the rail when turned.
- Position a pillow between the client's knees.
- Use the strap's loop lengths that give the client the best support and comfort. Attach one side of the repositioning sheet's straps to the spreader bar from the top of head to the knees. Attach a minimum of five straps. Ensure the bed is flat prior to turning the client.
 - If using a 2-point spreader bar, the spreader bar can be rotated with one attachment side toward the client's head and one side toward the client's feet to attach the straps easier.
 - If using a 4-point spreader bar, one side of the spreader bar is used to attach the straps to.
- Begin to raise the spreader bar slowly to tension the straps. Verify that all repositioning sheet loops are attached appropriately and that the client is positioned in the repositioning sheet appropriately.
- Continue to raise the spreader bar and turn the client until the client is positioned in side lying at a 90-degree angle with the bed.
- A worker or workers can support the client to remain in side lying while the spreader bar is lowered and the repositioning sheet is detached from the lift.



8. Prepare for future transfers

- The repositioning sheet can remain under the client after use, as its high-tech microfiber improves the overall microclimate, making it highly breathable and preventing heat build-up. The sheet does not interfere with performance and benefits of therapeutic support surfaces.
- Make sure there are no straps or creases underneath them and that the reinforcements of the repositioning sheet are positioned outside of the mattress.
- Position the mechanical lift to a charging position.



Resources:

- [Arjo Loop Comfort Repositioning Sling Instructions for Use](#)
- [Arjo Maxi Sky 2 Operating Manual](#)
- [Arjo Maxi Sky 1000 Operating Manual](#)