

Turning using Removable Slider Sheets Safe Work Procedure

Issue Date: May 1, 2026

Last Review Date: _____

Reviewed By: _____

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. Removable slider sheets (e.g. Maxi Slide sheets, etc.) are intended to be removed from under a client following repositioning for client safety.

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. A client with bariatric needs could use removable slider sheets to facilitate self-repositioning.

Number of Workers: 2 workers are needed for turning a client using removable slider sheets.

Equipment Needed: 2 removable slider sheets.

Procedure:

1. 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)
 - By positioning the client in side-lying, then placing the removable slider sheets on the bed for them to lay back on.
- Place pillows along the side rails on the side the client will be turned toward to prevent the client from contacting the side rails.



2. Adjust the bed

- Position the bed in a flat position.
- 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 turning.
- Untuck the top slider sheet on both sides and put the side rails down on the side of the bed that the client will be turning away from.

3. Worker positioning

- Both workers position themselves on the side of the bed opposite the side that the client will be turned toward for the turn to be completed. One worker can go to the other side of the bed following the turning movement, as needed.



4. Client positioning

- Verify that the client is positioned centered on the slider sheets.
- Bend the client's knee on the opposite side the client will be turned to (i.e. if turning the client to their right side, bend their left knee).
- 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 turn the client

- Workers determine the type of turn based on the client's current position in the bed.
 - If the client is centered in the bed, the turn will be a two-part movement where the workers first pull the client to the side of the bed, then turn the client to a side-lying position.
 - If the client is already close to the side of the bed, the turn will be a one-part movement where the workers only turn the client.
- Workers discuss a communication plan to ensure they turn the client in sync (i.e. will communicate "1-2-3-turn" and move the client on the word "turn").

6. Turn the client

- Workers communicate and complete the client turn in sync. Workers use safe body mechanics principles of the powerful posture during turning:
 - **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. The weight shift through the legs is a backward/downward movement (bend the knees and hips), then a forward/upward movement (straightening the knees and hips) to turn the client.
 - **Strong Grip:** Palms up grip is used to hold the top slider sheet.
 - **Load Stays Close:** One worker positions their hands close to the client near the client's shoulder to hip area and the other worker positions their hands close to the client near their hip and legs. 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. Complete tasks with the client in a side-lying position

- Following tasks being completed, position the client back to lying on their back.

8. Remove the removable slider sheets

- 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 section 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
 - Boosting using Removable Slider Sheets
 - J RO EZ Rest: Supporting a Client in Side-Lying