

Turning using Slider Sheets that Stay on the Bed

Safe Work Procedure

Issue Date: May 1, 2026

Last Review Date: _____

Reviewed By: _____

Risk Factors: Manually repositioning a client involves strain on healthcare workers. Slider sheets that stay on the bed (e.g. Swift slider sheets, 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 slider sheets that stay on the bed are appropriate repositioning equipment for a client needing moderate to full assistance from workers for repositioning. Slider sheets that stay on the bed begin to lose effectiveness for a client weight greater than 200 lbs./90 kg.
- Slider sheets are not to be used to reposition a client with bariatric needs who requires moderate to full assistance from workers with repositioning.

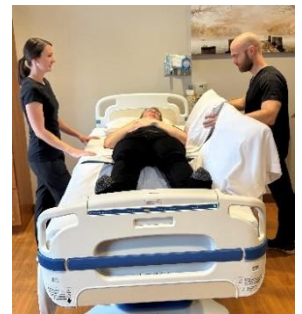
Number of Workers: 2 workers are needed for turning using slider sheets that stay on the bed.

Equipment Needed: Swift slider sheet set - one top slider sheet and one fitted bottom slider sheet.

Procedure:

1. Preparation

- The fitted slider sheet is positioned on the mattress with the sliding surface facing up.
- The top slider sheet is positioned with the sliding surface facing down against the mattress and should be positioned under the client's shoulder to hip area.
- If the client requires a soaker pad, the soaker pad can be positioned on top of the top slider sheet.
 - **Please note:** Soaker pads are not intended for repositioning.
- Place pillows along the side rails on the side the client will be turned toward to prevent the client from contacting them.



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 properly 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 (i.e. ask them to "give themselves a hug"). This helps put the client's arms and shoulder blades in a better position for repositioning.

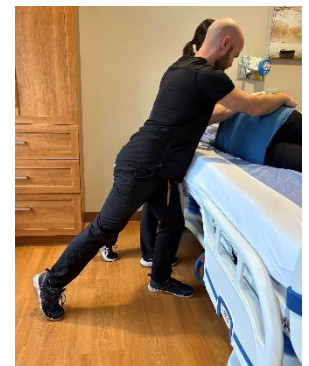


5. Planning to turn the client

- Workers determine the type of turn that will be completed 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 turn in sync.
- Workers use safe body mechanics principles of the powerful posture during turning:
 - **Steady stance:** Wide base of support with feet one in front of the other 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).
 - **Strong Grip:** Palms up grip is used to hold the untucked top slider sheet.
 - **Keep the Load 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 the client's 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. Prevent the client from sliding

- The client's hips should be aligned with the midpoint of the length of the bed.
- Ensure the top slider sheet is tucked under the mattress to keep it in place.
- Raise the knees of the bed slightly, then raise the head of the bed.

9. Leave the client in a safe position

- Position appropriate side rails up on the bed.



Resources:

- [Swift® In-Bed Repositioning System Guide](#)
- Other relevant safe work procedures
 - Positioning Slider Sheets that Stay on the Bed
 - Boosting using Slider Sheets that Stay on the Bed
 - J RO EZ Rest: Supporting a Client in Side-Lying