

How to Boost a Patient Using Slider Sheets

Step 1



Adjust bed height to a safe working height (approx. hip height)

Step 2



One staff on either side of bed with top sheet untucked and bedrails down

Step 3



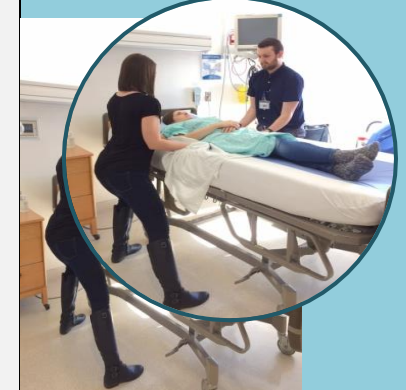
Use a palms up grip with knuckles always sliding against the mattress.

Step 4



Use a parallel stance, bend your knees and be close to the bed

Step 5



Keep your elbows against your trunk and use your legs to power the move. Count "1-2-3-slide."