

How to Use Slider Sheets

Which patients require slider sheets?

- Those who require assistance with repositioning in bed including: boosting, turning or straightening.
- Those who weight 200 lbs or less. Those exceeding this weight can be safely repositioned using a repositioning sling.

How to make a bed with slider sheets

- Use a fitted bottom slider sheet and a top slider sheet.
- Top sheet needs to be positioned under patient's/resident's shoulders and hips.
- Tuck top sheet under mattress when not using for repositioning.



Soaker pads are NOT for repositioning!



- Up to 60% less force required to reposition using slider sheets compared to regular fitted sheet and soaker pad combination.
- Slider sheets ↓ your risk of injury.
- Soaker pads are for absorbing incontinence and bodily fluids only!

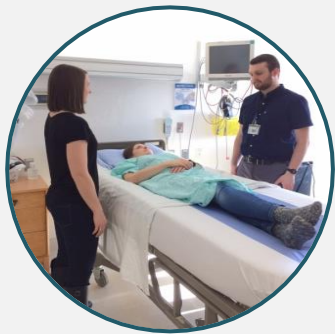
How to boost a patient using slider sheets

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



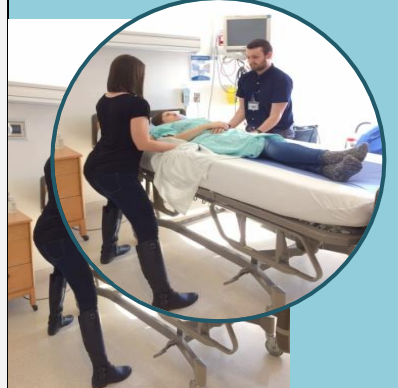
Use a palms up grip with knuckles always sliding against the mattress.

Step 4



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

Step 5



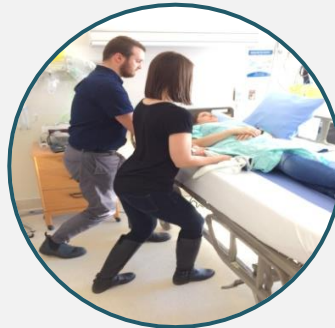
Keep your elbows against your trunk and use your legs to power the move. Count "1-2-3-slide."

How to turn a patient using slider sheets

Step 1



Step 2



Step 3



Step 4



Step 5



<p>Put both bedrails up on side patient will be turned to. Position a pillow by the top rail near patient's head.</p>	<p>2 staff on same side of bed with height of bed adjusted appropriately. Use a stride stance with your knees bent. Palms up grip.</p>	<p>Bend and straighten your legs to gain momentum. Count "1-2-3-turn." Pull the patient toward you first, then transition directly to step 4 in a fluid motion.</p>	<p>Push up with your legs to power the turn. Lean forward by bending at the hips to stay close to the patient.</p>	<p>Your elbows shouldn't have left your sides when the patient is turned to their side. This helps to protect your shoulders.</p>
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