

How to safely use a slide sheet to move someone in bed

This information will help you safely move someone in a bed (when they are unable to lift themselves) using a slide sheet. A slide sheet is a slippery piece of cloth used to reduce the effort required to move a person.



Before you start

- 1 Two people are needed to use a slide sheet. Don't start until there are two people in position, one standing on either side of the bed.
- 2 Check that the slide sheet is in good condition and is not thin, worn or dirty.
- 3 Talk to the person being moved about what help they will need to give (if possible).

Moving a person on a bed using a slide sheet

- 1 Fold the slide sheet in half. Make sure that the open ends are at the side of the bed that the person is going to be moved towards. If moving a person up the bed, the open ends of the slide sheet should be under the person's head and the fold under their thighs.
- 2 Put the slide sheet underneath the shoulders and hips of the person being moved. To do this:
 - Push the sheet underneath one side of the person.
 - Put the patient's arms across their chest and bend their far knee or put their far leg across their near leg.
 - Roll the person onto their side. Coordinate so that the far carer pushes hip and shoulder over, while the near carer guides knee and elbow. Both carers should use their body weight to roll the person, rather than their shoulders.
 - Roll the person onto their back again. Pull slide sheet gently through the other side of them and straighten.

Note: If the person is going to help to slide themselves over, make sure the slide sheet stays in place for them to slide onto.

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Fold slide sheet in half and position the open ends of the sheet in the direction the person will move towards.

Tuck slide sheet under hips and shoulders as far as possible. Then roll the person onto their side and gently pull slide sheet under them.



Roll the person onto their back once again and straighten slide sheet.

Firmly grab the top layer of the slide sheet and coordinate a sliding motion (not lifting) towards the desired position using body weight and legs.

Further information

Contact your nurse or health professional if you need further assistance.
www.caresearch.com.au

www.lmrpcc.org.au

- 3** Once the slide sheet is in position to move the person, everyone should coordinate a sliding motion (not lifting) towards the desired position using their body weight and legs. To do this:
- Carers should stand with one foot in front of the other foot on opposite sides of the bed.
 - The person's legs should be moved first before moving the rest of the body.
 - One carer pulls the top layer of slide sheet while the other carer pushes the person's shoulder and hip, moving them across the bed.

What to do once the person has been moved

- 1** Remove the slide sheet by pushing the fold under the person, and pulling the bottom layer of the open sides in an upwards direction.

Note: Never leave slide sheets under a person unsupervised as this could create the risk of a fall.

- 2** The slide sheet can be washed on a gentle machine cycle regularly and hung out on the clothes horse or line. Do not put in the dryer.

Special note

- As the person's condition changes during the last hours – only move your loved one if they are obviously uncomfortable. This can be seen in facial grimacing, frowning, tensing of muscles and agitation.



Remove the slide sheet by pushing the fold under the person, and slowly pulling the bottom layer of the open sides in an upwards direction.