

Carers Information Card - How to safely use a slide sheet.

A slide sheet assists carers to safely move the person in bed without injury.

1. Fold the slide sheet in half and place under the person in bed. Have the open ends at the side of the bed that the person is going to be moved towards.



2. To insert the slide sheet:

- push the sheet underneath one side of the person
- roll them to pull the sheet through.
- ensure that the sheet is underneath the shoulders and hips of the person.

3. 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.

4. To assist the person to roll in order to insert the slide sheet:

- two carers stand on opposite sides of bed
- place arms across their chest and bend the far knee or place far leg across near leg.
- the far carer pushes hip and shoulder over, while near carer guides knee and elbow.



5. Once the slide sheet is in position to move the person:

- carers stand on opposite sides of the bed, with one foot in front of the other foot, and use their body weight for the task.
- move the person's legs 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.



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



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Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to use slide sheets safely without injury to either themselves or the person.

Note:

1. When using the slide sheet remember to use your body weight to move the person, rather than your shoulders.
2. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
3. Never leave slide sheets under a person unsupervised as this could create the risk of a fall.
4. The slide sheet can be washed on a gentle machine cycle regularly and hang out on the clothes horse or line.
Do NOT put in the dryer. Replace if looking thin or worn.

As things change during the last hours:

* Only move your loved one if obviously uncomfortable. This can be seen in facial grimacing, frowning, tensing of muscles and agitation.

* If unsure at any stage, contact your community palliative care service or after hours number.

Further Information: www.caresearch.com

Acknowledgements: Macedon Ranges Palliative Care Service

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.

