



EXPERTS IN PATIENT HANDLING SOLUTIONS



WASHABLE FLAT SLIDE SHEET WITH HANDLES



USER INSTRUCTIONS

The Washable Flat Slide Sheet with Handles helps manoeuvre the client/patient up, down and from side to side with ease.

This guide covers all products with the prefix SMS or JSS in the product code.



INSTRUCTIONS

This is an illustrated method for enabling staff/carers to insert a pair of flat slide sheets (with or without handles, washable or disposable) under a patient with ease. In this example we have used 2 flat sheets 90cm wide x 200cm long.



1

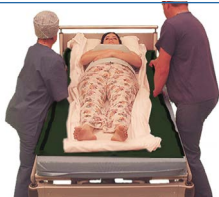
FLAT SHEETS NEED TO BE USED IN PAIRS AND INSERTED UNDER YOUR PATIENT IN PAIRS.

Insert your Flat Slide Sheets by following any of the methods in the 'Good Practice Points' or the method you have been trained in. Please remember, the best flat slide sheets cover the whole body and make handling easy.

To move a patient up the bed. Carers face the bottom of the bed and grasp the top layer at the hip and shoulder areas (as shown). Then the carers slide the top surface over the bottom surface in the direction of the headboard and the patient will slide up the bed.

NB: Carers – keep your hands gliding on the mattress, do not lift.

2



3

To move a patient down the bed. Carers face the head of the bed and grasp the top layer at the hip and shoulder areas (as shown). Then the carers slide the top surface over the bottom surface in the direction of the feet and the patient will slide down the bed.

NB: Carers – keep your hands gliding on the mattress, do not lift.

To turn a patient. Carers face each other, agree which way they are turning the patient and then position the patient for turning. The carer to whom the patient will be turned, supports the patient as shown, helping to facilitate the turn and keep the patient in the centre of the bed. The carer who is turning the patient away from them, gathers the flat slide sheet close to the hips and shoulders, and gently pulls the flat slide sheet towards them, keeping the slide sheet level, not pulling up.

4a



4b

To turn a patient. The patient will then turn on their own axis and be positioned safely and centrally in the bed.

NB: Carers – keep your hands gliding on the mattress, do not lift.

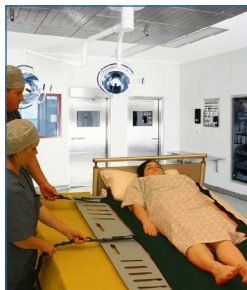
Removing the slide sheet. Once the patient has been repositioned, the slide sheets must always be removed unless clinical advice for the person in question overrides this.

To remove. Remove the bottom sheet first and follow the method in 'Good Practice Points' or the method you have been trained in. Then repeat with the other sheet. They will remove easily.

5



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6

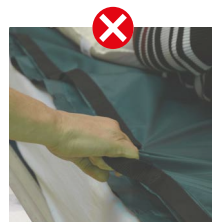
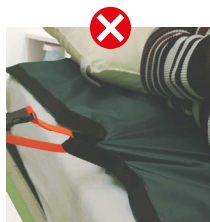
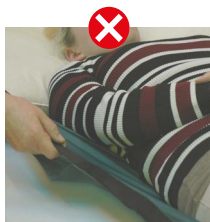
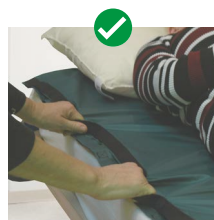
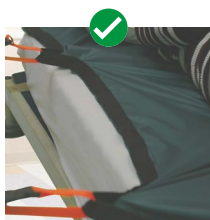
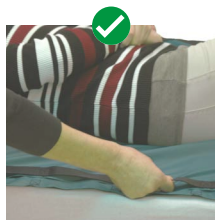
All Slide sheets with handles can be used for transferring from one surface to another provided they are either wide enough to reach without adding straps or straps are added through the handles, as shown. When using flat slide sheets to transfer you **MUST ALWAYS** use a **lateral board** to bridge the gap between the two surfaces and check that the brakes are on and holding.

- Always work with at least one other colleague.
- Connect extension straps around the shoulder and hip areas.
- Always ensure that the slide sheet is large enough to cover the patient from head to toe.

GOOD PRACTICE POINTS

1. Make sure that the brakes are on the bed/trolley before commencing a movement.
2. Make sure that the sheet is inserted correctly by either:
 - a) 'Log-rolling' the patient/client to one side (or top to bottom)
 - b) Unrolling directly beneath the patient.
3. Wherever possible, ask/help the patient/client to help themselves.
4. Removal is best achieved by turning the outermost corners in on themselves and peeling the sheet out using a wriggling, alternate-arm action. This effectively 'peels' the sheet out without creating any shearing effects. ***Please note: If using two sheets, remove bottom sheet first.**
5. Make sure the sheet is large enough for the patient concerned and, for the best effect and patient/staff safety, covers head to feet.
6. Handles are not for lifting.

TECHNIQUES TO USE AND AVOID



Wash at 40°C-74°C.
Tumble dry on low heat
Do not iron
Do not use bleach
Do not use fabric conditioner



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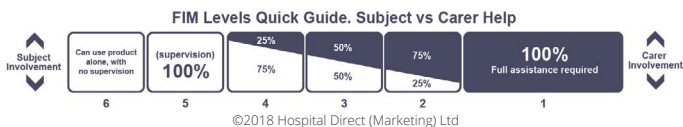
Assessment Guides

At Hospital Direct we understand that not everyone is familiar with all equipment, so to help therapists and healthcare professionals in assessing a product's suitability for a client, we have included two assessment tools, Functional Independence Measure (FIM) and Easy Guide Symbols. These will enable the Healthcare professional to assess their client and decide whether or not a product will help the person based on their level of dependence and functional ability.

Functional Independence Measure (FIM) Assessment

Our FIM assessment guide for each product will help you decide the suitability of this product for the person's ability and need.

Based on the standard criteria from Level 6 where the person can use the product unaided and unsupervised to Level 1 where all the assistance is provided by the carer and the client can do nothing, this guide is easy, quick and simple to use to check suitability against ability and circumstance.



Additional Guide Symbols

We use four symbols throughout our catalogue to indicate where a product is suitable and safe for the person to use unassisted, with a single carer or with multiple carers. These symbols indicate the minimum recommendation.



Person Unassisted



Single Carer



Two Carers



Four Carers

Hospital Direct is a Shropshire based UK manufacturer and supplier of a wide range of Patient Handling Products. With over 25 years experience in the field of patient handling, Hospital Direct is the UK's leading manufacturer and supplier of this type of equipment in the UK – with the widest range of its type of any supplier in Europe.

Packaging: To reduce wastage we use recyclable cardboard boxes. If you require different packaging, please call us to discuss.

Disposal: Dispose of in the normal way in accordance with your organisational procedures. If they have been used on highly infected patients please dispose of as such.

Hospital Direct has a policy of continuous development and, as such, reserves the right to alter specifications (including measurements, materials and colours) without prior notice.



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