



# FLAT SLIDE SHEET WITHOUT HANDLES – WASHABLE

This guide covers all products with the prefix FS in the product code.

The **Washable Flat Slide Sheets without Handles** need to be used in pairs and inserted under your patient in pairs, to help manoeuvre the client/patient up, down, from side to side and transfer with ease.

## USER INSTRUCTIONS

In this example we have used 2 flat sheets 90cm wide x 200cm long.



# 1

Make sure that the brakes are on the bed/trolley before commencing a movement.  
Insert your **Flat Slide Sheets** by either (a) 'log-rolling' the patient/client to one side (b) unrolling directly beneath the patient or (c) 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 top **Flat Slide Sheet** close to the hips and shoulders, and gently pulls the **Flat Slide Sheet** towards them, keeping them level, not pulling up.

# 4a



# 4b

**TO TURN A PATIENT (CONTINUED):** 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 overrides this.

**TO REMOVE:** 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. *NB: If using two sheets, remove bottom sheet first or both together as shown here.*

# 5



## TECHNIQUES TO USE

- Always work at a good mattress height so you can slide the sheets on the mattress and NOT lift.
- Always work closely to your patient by gathering fabric up at hips and shoulders.
- Always keep hands low and gliding – never lift.



## TECHNIQUES TO AVOID

- Never lift the sheets – they will not work effectively.
- Never pull the sheet up – it won't be as effective.
- Never pull the sheet up in the air.
- Never hold the sheet away from your patient.



## FABRIC CONTENT

Fabric: 100% Polyester

## STORAGE AND HANDLING

- Store in a clean dry environment that is not subject to excessive heat.
- Keep away from sunlight.
- Store flat and avoid placing heavy objects on top of the product.



## WARNINGS AND PRECAUTIONS

- Do not leave or drop on the floor; it is a slip hazard.
- Test for slippiness before use. If over-laundered and doesn't slide please discard or replace.
- Inspect product before use for signs of damage or tears.



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

## CLEANING INSTRUCTIONS

- Wash as per laundry instructions.
- Can be wiped clean, between use with the same patient, with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Cleaning materials used should be patient safe and biodegradable.



## DISPOSAL INSTRUCTIONS

- Non-recyclable.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.



### MANUFACTURER

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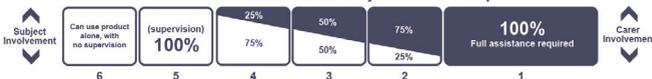
## HOSPITAL DIRECT (HD) ADDITIONAL SYMBOLS

At HD 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.

#### FIM Levels Quick Guide. Subject vs Carer Help



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### EASY GUIDE SYMBOLS

We use four symbols 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.



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