

## 9a. Slide sheet tips

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- Using a foam cylinder or a rolled up face washer as a handle can reduce wrist and hand strain. Hold the cylinder near the client's shoulder/hip then roll the slide sheet around it.  
*(Acknowledgement to Lynn Varcin-Coad.)*
- Always grip the slide sheet close to the client's body at the points of control i.e. hip and shoulder girdles.
- A slide sheet should always slide on itself or another slide sheet, therefore one slide sheet folded in two or two slide sheets must always be used.
- For large and/or dependant clients, two large slide sheets positioned under the full length of the client is usually more effective than one slide sheet folded in half.
- There are many different sizes of slide sheets and levels of slipperiness – if a slide sheet transfer is not working well a different type may be more suitable. Contact your local therapists.



Please turn over for Task Steps continued...

- Slide sheets can be permanently positioned on the bed for clients who require turning, and/or changing at night. A large slide sheet can be stitched into a fitted or flat bed sheet which is positioned over to the mattress and tucked in so it doesn't move. Another large slide sheet is positioned across the bed and tucked under the mattress. All other bedding is positioned over the slide sheets. When the client needs to be moved, untuck the top slide sheet and bedding and move the client as required. Tuck the sheet and bedding back in to ensure the slide sheet and the client do not move (see 9b Positioning Slide Sheets on the Bed.)
- Slide sheets can be positioned on the bed prior to hoisting or transferring a client onto the bed. This eliminates the need for moving the client to position the slide sheets (see 9b Positioning Slide Sheets on the Bed).
- Avoid leaving slide sheets lying on the floor after use as they are a trip/slip hazard.

