



9d. Rolling a client in bed using a slide sheet - 1 worker

How to use this form:

This procedure must be reviewed for appropriateness in the immediate workplace by the supervisor/manager in consultation with the staff doing the task.

Staff contributing to the review of the procedure for the immediate workplace:

Date:



Identified risks for this task	Risk controls
<ol style="list-style-type: none"> 1. Use of upper body strength to complete the task 2. Poor selection of slide sheets. 3. Bed at incorrect height. 4. Bed moving during procedure. 5. Leaving slide sheets on the floor resulting in slip/trip hazard. 6. Worker not trained in manual handling principles and techniques which support the safe application of this procedure. 7. Worker not trained/instructed in this safe work procedure. 8. Rolling client off bed due to slipperiness of the slide sheet. 	<ol style="list-style-type: none"> 1. Use lower body action to complete the tasks as specified in this safe work procedure. 2. Select appropriate size and number of slide sheets for the client. Check Client Manual Handling Plan. 3. Adjust bed to the height specified in this procedure. 4. Apply brakes on bed. If faulty, complete an OHS Hazard Report Form and/or maintenance request. 5. Ensure slide sheets are placed and stored off the floor. 6. Worker should receive training/instruction in the principles of manual handling to safely perform this task. 7. Worker must receive appropriate on site training/instruction in this procedure prior to performing this task. 8. Ensure bed rail is up on the side the client is moving towards.
<p>Ongoing review requirements</p> <ul style="list-style-type: none"> • Review the relevance and currency of this procedure to the client as part of the client review process. • If an injury/incident occurs relating to this particular task. • If changes are made to the workplace that may affect implementation of this procedure. 	<p>Reviewed by:</p> <p>Reason for review:</p> <p>Review date:</p> <p>Manager's Signature:</p> <p>Date:</p>

Please turn over for Task Steps...

9d. Rolling a client in bed using a slide sheet - 1 worker



This procedure requires 1 worker

TASK STEPS

Preparation

1. Select appropriate size and number of slide sheets for the client e.g. two large slide sheets for a dependant client.
2. Position bed to allow access for 1 worker to both sides if possible.
3. Brakes applied on bed, obstacles removed, bed rail closest to the worker is lowered (if applicable), bed in flat position.
4. Bed height is adjusted to mid thigh height.
5. Explain the activity to the client, and inform the client of what they are to do during the task.
6. Starting position for the client is lying on their back.

Doing the task

During the performance of this task apply the following Manual Handling Techniques.

1. Maintain the 3 natural curves of the spine
2. Soften (the knees), Sink (at the hips), Stabilise (the pelvic floor and lower abdominals)
3. Action in the lower body
4. Keep the task close

Please turn over for Task Steps continued...

Positioning the Slide Sheets - See procedure 9b Positioning Slide Sheets on the Bed – 1 or 2 Workers

Rolling the Client

1. The worker stands on the side of the bed that the client is to be rolled away from. The worker is standing close to and facing the side of the bed, between the client's hip and shoulder.
2. The worker grips the top slide sheet at each corner and slides their hands in from each end to grip the slide sheet close to the client's hip and shoulder. Wrists are in neutral (thumbs up), elbows bent and close to the sides of the body, shoulders relaxed.
3. The worker pulls the slide sheet tight between their hands, creating tension in the slide sheet.
4. Stand with a wide stance. Soften, sink and stabilise into a deep squat.
5. As the worker stands up, they push their hips towards the side of the bed, at the same time pulling the slide sheet at a 45 degree angle so their hands meet their hips at the edge of the bed.
6. The client will roll over on the slide sheet.

(This is the "Sink, Pop" technique). *Acknowledgement to Lyn Varcin Coad.*

Concluding tasks

1. Remove slide sheets if required (see 9h Removing Slide Sheets).
2. Fold the slide sheets and put them away. Do not leave them on the floor.
3. Raise or position bed rails (if required).

