

5e: Using slide sheet(s) to move a person up a bed

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Remember:

- All carers must be trained and competent
- Check the moving and handling plan
- Complete checks on equipment
- Obtain consent from the person to be moved
- Perform hand hygiene
- Use personal protective equipment where required
- Communicate a clear explanation to the person to be moved
- Maintain the person's privacy and dignity
- Agree commands with assisting carers, e.g., "Ready. Steady. Move."
- Leave the person safe on completion of the task
- Clean and tidy away any equipment used

This section describes three methods that can be used to slide a person up the bed:

- Two carers standing at the top of the bed behind the person's head;
- Two carers using both hands and standing either side of the bed;
- Two carers each using one hand and standing either side of the bed.

The method used will depend on the space available and whether the headboard can be removed. First insert a slide sheet or sheets under the person as shown in section 5b.

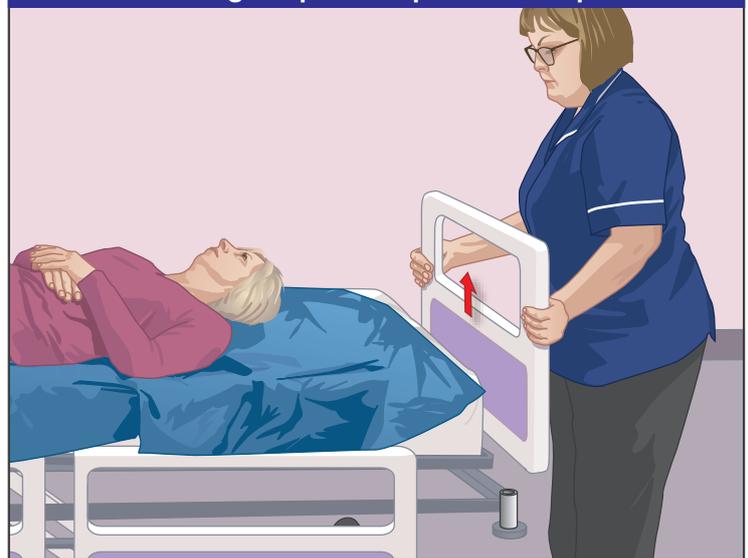


Use of the tilt facility of the bed may assist with this movement but it will be important for the carers to assess the clinical condition of the person before tilting them head down.

If standing at the side of the bed, carers must avoid sliding the person too far and banging their head on the headboard. Placing a pillow against the headboard before the move may help to avoid this.

The two-handed method shown at the top of the next page may reduce the risk that the carers will suffer upper limb strain, by sharing the load between both arms, compared to the one-handed technique shown on the same page. The one-handed method may reduce the likelihood of twisting the spine.

Method 1: Sliding the person up from the top of the bed



In preparation for this procedure, you may need to remove the headboard if this impedes access to the head of the bed.

Carers grasp the slide sheet and agree a command



The carers stand behind the bed in a step stance, with their weight on their front feet. They take hold of the top layer of the slide sheet on each side. Using an agreed command, "Ready, Steady, Slide", or "Slide", both carers transfer their weight onto their back feet.

Use several short moves



The person will move up towards the head of the bed. Move the person in several short moves rather than one big transfer.

Do not undertake or attempt any procedure unless you are, or have supervision from, a properly trained, experienced and competent person. Always first explain the procedure to the person and obtain their consent, in line with the policies of your employer or educational institution.

5e: Using slide sheet(s) to move a person up a bed Page 2

Method 2: using two hands, standing either side



For this two-handed method, both carers stand at approximately the shoulder level of the person being moved. They face the foot of the bed, with an angled stance, in a walk-stand position, and use both hands to take hold of the top layer of the slide sheet.

Use several short moves



Using an agreed command, "Ready, Steady, Slide", on "Slide", both carers transfer their weight onto their back feet. The person will move up towards the head of the bed. It is better to move the person in several short moves rather than one big transfer.

Method 3: using one hand, standing either side



Both carers stand at approximately the shoulder level of the person being moved. With an angled stance, facing the foot of the bed, in a walk-stand position, they take hold of the top layer of the slide sheet with the hand closest to the person. Using an agreed command, "Ready, Steady, Slide", on "Slide", both carers transfer their weight onto their back feet. The person will move up towards the head of the bed. Move the person in several short moves rather than one big transfer.

Remove the slide sheets



Once in the correct position for the profiling function of the bed, remove the slide sheet(s) as shown in section 5b. Make the person comfortable, raise or lower the bed safety rails according to the person's falls assessment and local policy, and lower the bed to its lowest height before you leave the bedside. If appropriate, replace the headboard.