



## Slide Sheet Information and User Guide

Slide Sheets allow basic handling without the need to lift the patient. They are invaluable when moving a patient on or off a bed, for turning the patient in bed and as an aid to sitting the patient up in bed.

### Benefits to Patients and Carers

- All our Slide Sheets have either a Sanitized™ or Slidetex™ Antibacterial and Antifungal finish to inhibit the growth and spread of bacteria and fungi including Staphylococcus Aureus (MRSA and C Diff) Each Sheet is provided with a hanging loop for storage or handle loops.
- The Slide Sheets are made from strong nylon material which is treated with silicone properties which allows friction free movements on both sides of the Sheet.
- Our Washable Sheets are environmentally friendly and reduce the amount of waste sent to landfill. Refer to the specific Sheet for details about washing temperatures.
- Slide Sheets reduce manual handling effort and strain, minimizing the risk of back and other injuries to carers. They reduce skin tears and bruising and promote patient comfort and dignity.
- Slide Sheets are not designed to remain under a patients because the friction free surface could cause unnecessary movement for the patient. They should be removed after completion of the movement.

### TRANSFERS USING A SLIDE SHEET

**Never leave a patient unattended on a Slide Sheet**

At all times, it is recommended that at least 2 carers are present to perform a patient transfer. Either use two Slide Sheets at one time, placing one on top of the other, or fold one Slide Sheet in half. The choice depends on the length of transfer and size of sheet being used.

- Turn the patient gently onto their side. Gather up approximately half the doubled sheet and place the gathered material under the patient, as close as possible to their back. The open ends should face the desired direction of travel for the patient.
- Ensure that the patient's head, trunk and legs are on the slide sheet. If the patient's feet are not on the sheet, place a smaller slide sheet under them to prevent shearing and friction burns to the heels.
- Turn the patient back onto the slide sheet. The Carer should now be able to pull the gathered material out from the opposite side of the patient so the sheet is flat and the patient is now centred on the sheet.
- The Carer on either side of the sheet can then take hold of the top layer of the sheet at the open end and pull carefully in the desired direction with a lunging motion, bending at the knee and with a straight back, so repositioning the patient.
- For transfers up the bed, place the open end of the folded sheet towards the bedhead. Slide Sheets are slippery, so perform the transfer slowly making sure the patient's head does not hit the top of the bed.
- For sideways transfers, place the open end of the folded sheet towards the patient and place under the patient between the hip and shoulder. Pull in direction of the open end. The patient can be rolled back onto their side using the sheet to assist in the roll. To remove the sheet, carefully pull the bottom layer of the Slide Sheet.

**THESE ARE GENERAL GUIDELINES ONLY. PLEASE SEEK ACCREDITED TRAINING.**

---

**Patient Handling UK, 2 East Court, Burley, Oakham, Rutland LE15 7FH**

**Freephone: 0800 083 6071**

**Email: [contact@patienthandling.org.uk](mailto:contact@patienthandling.org.uk)**

## Slidetex Slide Sheets – Care Instructions

- Hydrogen Peroxide can be used when laundering the Slide Sheets.
- For thermal disinfection we recommend:
  - 5 minutes @ 80° centigrade
  - 8 minutes @ 75° centigrade
  - 10 minutes @ 70° centigrade
  - 12 minutes @ 68° centigrade
  - 15 minutes @ 60° centigrade
- Cool tumble dry or natural drying should be used, as nylon fabrics can suffer from rapid changes in temperature.
- For infection control the slide sheets can be washed at up to 80° centigrade. Increase or decrease the washing and drying temperatures in stages, as excessive heat may damage the yarn and cause shrinkage.
- Do not use chlorine bleach or softener when laundering the Slide Sheets, as this will be detrimental to the silicon coating.



---

**Patient Handling UK, 2 East Court, Burley, Oakham, Rutland LE15 7FH**

**Freephone: 0800 083 6071**

**Email: [contact@patienthandling.org.uk](mailto:contact@patienthandling.org.uk)**