








SCHIPP. M4.006

SAFE WORK PROCEDURE		REPOSITIONING IN BED WITH SLIDER TWO MINIMUM ASSIST	
Team Name / Team Lead: SCHIPP Team, Regional Director Staff Development, Infection Prevention and Control	Approved By: Vice President – Human Resources	Date Created: June 29 2016	Review Date: December 20 2017 Revised date: January 2 2018
<p>Potential Hazards:</p> <ol style="list-style-type: none"> 1) If procedure not followed, there is risk for awkward postures and overextension, which can lead to musculoskeletal injury. 2) Depending on the workload, repetitive motions may be a risk. 3) Client or caregivers may slip, trip and fall. 4) Client may grab or strike from reactive or defensive behavior. 5) Microorganism Transmission <p>Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.</p>		<p>Personal protective equipment / devices required / other safety considerations:</p> <ul style="list-style-type: none"> ➤ Two full length bed slider sheets or full length tube slider ➤ Adjustable bed if possible ➤ Appropriate Footwear for Caregivers ➤ Clothing that allows Caregivers movement ➤ Additional Caregivers may be required based on Client needs ➤ Routine Practices; Additional Precautions as assigned <p>Training:</p> <ul style="list-style-type: none"> ➤ Initial Orientation and regular review ➤ Training on use of sliders for repositioning <p>Resources:</p> <ul style="list-style-type: none"> ➤ Follow Manufacturer's Instructions for equipment ➤ SCHIPP.M1.001 Module 1 ➤ Video SCHIPP.RES.828 Fold and Unfold Slider for Positioning Two Minimum Assist ➤ Video SCHIPP.RES.829 Repositioning in Bed with Slider Two Minimum Assist 	
<p>Client Criteria and Supportive Information:</p> <ul style="list-style-type: none"> ➤ May have some ability to assist with bed mobility. ➤ Able to tolerate rolling ➤ If Client resists rolling, unable to assist with movement, or is heavy to turn then a method of repositioning that does not involve rolling to insert a slider or a repositioning sling should be considered. ➤ Never leave slider under Client. Remove when repositioning is complete. ➤ At times, half-length bed sliders are insufficient to reduce forces required to reposition Clients in bed. The use of double sided full length sliders or other high quality sliders is recommended for all totally dependent Clients over 91 kg (200 lbs.) or whenever minimum exertion is exceeded with a single or half-length bed slider. 			
<p>Steps to perform this task safely:</p>			
		<p>Caregivers prepare for the positioning task.</p> <ul style="list-style-type: none"> ➤ Position bed at waist height of shortest Caregiver if possible. Ensure there is enough space on both sides of bed for Caregivers to position their feet in a wide base. ➤ Caregivers position selves on opposite sides of bed. ➤ Position Client's arms over chest, if able, to get as close to Client as possible. 	



SCHIPP. M4.006

	<p>Position Client in Side lying Options: For a Client who can provide some assist or minimal force is required to roll:</p> <ol style="list-style-type: none"> 1) Bend knee or one leg over the other in direction of the turn. Caregiver puts hands on Client's hip and shoulder areas. In a lunge position, shift weight forward, elbows at sides, roll Client to other Caregiver who will hold in side lying. Slider is inserted under Client's head down to buttocks. Roll Client onto back and then repeat by rolling to other side to pull slider out so there is slider showing on each side of Client. 2) Push slider under Client under neck, low back and knee area as far under as possible; Caregiver on other side of bed, roll Client (as above) to pull slider out. 3) If Client is difficult to roll, fold and unfold slider under Client so no manual rolling is required.
	<p>Client is Repositioned Prior to Providing Care and for Sling Insertion:</p> <p>UP-DOWN:</p> <ul style="list-style-type: none"> ➢ Bend Client's knees and put feet on bed if able or cross one leg over the other or raise foot of bed prior to repositioning. Encourage Client to assist, if able. ➢ Caregivers slide Client by weight shifting from one leg to the other in the direction of the move. Keep back straight and elbows at sides. Refrain from overexerting self to complete a slide in one movement. Repeat procedure using small, manageable weight shifts which is more comfortable for the Client. <p>TURNING:</p> <ul style="list-style-type: none"> ➢ Receiving Caregiver places open flat hands on Client's shoulder and hip or, palms down under at Client's shoulder and hip. Weight shift forward in lunge position from back leg to front leg and push down into mattress, so Client ends up facing them. ➢ Other Caregiver grasps the top slider with palms down and thumbs up, elbows in, close to Client's hip and shoulder. Caregiver weight shifts forward in lunge position from back leg to front leg and upward to assist in the turn, so Client's back is facing Caregiver. This is also the turning method used with Breeze/Swift sheets. <p>SIDE-SIDE:</p> <ul style="list-style-type: none"> ➢ One Caregiver shift forward in lunge to push at Client's hip and shoulder, second Caregiver pulls top slider edge of bed also in lunge weight shifting to back foot.
	<p>Awkward Locations:</p> <ul style="list-style-type: none"> ➢ If a Client were to fall in an awkward/tight location, rather than manually moving the Client to an open area, a slider should be inserted to assist with reduction of friction to move across the floor surface. ➢ Caregivers should be aware of body positioning and attempt to keep their spine neutral, facing the Client, crouching or kneeling to the floor when inserting the slider by rolling them side to side or by unfolding under Client if possible. ➢ Put material in the handles of the top layer of slider to slide, stand, hold handle and weight shift back to assist the Client to move to an open area.
	<p>Comfort and Positioning:</p> <ul style="list-style-type: none"> ➢ Remove slider when repositioning is complete. Never leave under a Client at rest. ➢ Caregivers ensure Client is comfortable and safely positioned. ➢ Bed should be lowered to proper height when Caregiver leaves the room (lowest position or so Client can stand on own).
<p>Managers/Supervisors: ensure all duties are performed in accordance to training on the Safe Work Procedure, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures) to ensure the staff member, co-workers and clients are safe.</p> <p>Staff performing task: perform task in accordance to training on the Safe Work Procedure and established health and safety regulations. Notify Manager or supervisors of all occurrences, injuries, illnesses or safety and health concerns which are likely to harm themselves or others. Ensure work is completed safely for co-worker, client and personal safety.</p> <p>Note: this task will be monitored periodically to ensure compliance and safety.</p>	