

# SLIDE MATE™

## USER INSTRUCTIONS

**NOTE:** For all moves ensure:

Correct bed height, all brakes are on (including bed), communication is effective, eg. one, two, three, slide!

These instructions are a guide only and do not replace protocols and procedures defined by your organization's lifting policies.

### BED TO BED MOVE

1. With continuous end upwards scrunch the top half of the move tube
2. Roll patient to one side using draw sheet and position the scrunched half of the slide sheet under the draw sheet between the shoulders and buttocks of patient, with open ends towards top and bottom of bed. Then, position a transfer board under the move tube ensuring it is underneath half the back and buttock.

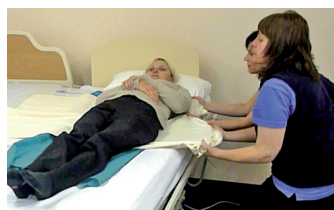
3. Partially roll patient in opposite direction if required to allow second person to pull through move tube and straighten



4. Return patient to lying on their back and bring new bed/ barouche to side of bed, at a height slightly lower than original surface



5. The move is made by the staff members on the side of the bed the patient is to move to grasping the draw sheet with palm up grip and standing in a forward lunge position with elbows resting on the bed and back foot up in the air, moving weight from front foot to back foot. Another staff member on opposite side can gently push the patient to the edge of the bed if required



### UP THE BED MOVE

1. With open end upwards, scrunch top half of move tube
2. Roll patient to one side using the draw sheet and position the scrunched half of the move tube under the draw sheet and between the shoulders and buttocks of the patient with continuous edges towards top and bottom of bed

3. Roll patient in opposite direction to allow second person to pull through move tube and straighten
4. Return patient to lying on their back then assist bending of knees holding them in place with bed sheet

5. Each staff member should grasp the draw sheet with palms up at the patients bottom using it like a strap and also behind patients shoulders then assume a wide stance with one foot at the head of the bed and the other at the patients shoulders



6. The move is made by means of a transfer of weight from the foot towards the base of the bed to the foot at the head end of the bed in a lunge-like motion



### REMOVAL OF SLIDEMATE™

One person pushes the move tube under the patient as is comfortable, the other person then reaches through the move tube and grasps the under surface, pulling it towards themselves, inverting the tube as it is removed causing it to slide on itself.



*During all movements no friction will occur against the patient leaving clothes in place and skin intact*

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