**Fitted Slider Sheet (ie Swift Glider Sheet Systemtm) Bed Repositioning**

**Qualification: Dependent and heavier clients who need frequent repositioning.**

* Read Care Plan
* Complete PACE Assessment
  + If Different
    1. Document!
    2. Identify safe and appropriate mobility technique

*(Remember, you can move up the decision ladder based on PACE results, not lower without an official re-assessment)*

**This IS A TWO EMPLOYEE TRANSFER**

**Making the Bed**

1. Base sheet is the mattress cover and should be put on with coloured slippery strip facing up.
2. Draw Sheet should be put directly over base sheet with coloured slippery material facing down. Smooth out draw sheet. Align draw sheet so it will be under resident’s upper torso (shoulders to hip) and tuck side flaps firmly under mattress to prevent unwanted sliding of sheets.

**Reposition**

1. Explain to resident what you are going to do and what they must do to help.
2. Adjust the height of the bed so that employee can work at waist height. If employees are of different height use the waist height of the shorter person. If the head of the bed is up, lower it, unless the resident’s condition requires that it be left up. Lock the bed brakes.
3. Place a pillow at the head of the bed to protect the resident’s head. With an employee on each side of the bed, lower the bedrails
4. Resident should be lying on draw sheet and base sheet.

***Note: If there is a soaker pad present, the sheets will be under the soaker pad.***

1. Untuck the draw sheet from each side of the bed.
2. Grasp the draw sheet with both hands palms up. Roll or bunch the draw sheet in your hands until your hands are close to the resident, elbows tucked to sides (keeping in mind this is not a lift).
3. With one foot placed in the direction of the move, place the other on the floor giving yourself a wide base of support. With knees bent, and weight on your leg at foot end of the bed.
4. Together: Count “1, 2, 3, move”. On “move,” **slide** resident up in bed. Repeat in several small stages if needed. The employees should move their feet and knees forward at each stage.
5. Smooth out the draw sheet and tuck side flaps back underneath mattress. Ensuring the sheet is under the residents upper torso from shoulder to hip (soaker pad would be under pelvis).
6. Ensure Resident is comfortable, safe and well supported. Raise the bed rails, if necessary