

Repositioning Sheets

Your client mobility risk assessment will lead you to the most appropriate choice of repositioning device, such as:

- slider sheets
- repositioning sheets
- long or short tubular rollers
- glider boards



picture used with permission from MIP

Repositioning a client is most often performed with a **minimum** of two workers. Be sure to select a **primary** worker who is the lead during a repositioning task.

Ensure that when you're using appropriate repositioning sheets, that the sheet is under the client from their shoulders to their hips. This is the heaviest part of the body and needs to be on the repositioning sheet.

It is crucial that the primary worker pay special attention to the client's head and neck to prevent any injury to the client during the repositioning task.

In situations where the assessment of yourself, the environment and the client indicates that more assistance is required, consider using a mechanical lift to assist with reducing/eliminating risks to yourself, your co-worker and the client.

Have your TLR trainer or other specialist assist with specialized repositioning techniques for areas such as orthopedics, neurology, x-ray.

Soaker pads **are not** intended to be used as a repositioning sheet.

The purpose of a soaker pad (e.g. incontinence or bed pad) is to absorb body fluids to protect the client's skin and keep the bed linens dry.

Soaker pads **do not** have the low friction qualities required for repositioning and will increase your risk of injury.

A TLR poster on "Soaker Pads are NOT an Appropriate Device for Repositioning" is available at www.saswh.ca (under the TLR program section).

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!