



PRO VITA
CARE MANAGEMENT

OH&S

MSI Prevention Sliding a Resident



Trainer's Guide to Sliding a Resident

Supplies Needed:

- 2 or 3 volunteers
- Bed

Time required for session: 10 minutes

The following are the instructions for "CONFIRM" Training:

Step 1 – Have volunteers get into position:

1 role playing as resident to be moved

1 or 2 as staff members to complete the resident move

Step 2 – Walk through the 5 steps, demonstrate during role play

The Key Point of this training is:

- Performing tasks properly to reduce injuries

Sliding Closer to the Edge of the Bed

One Person Assist

Task requirements:

- Use 2 caregivers whenever possible.
- Use a slider sheet.
- If the resident is large or fragile move resident in two or more moves.

CONFIRM the safety of both you and your residents.

1. **C**ommunicate with the resident

2. **O**rient Equipment and Resident

- For heavy residents, use an additional slider sheet under the resident's legs and feet.
- Slide the resident's feet to the side of the bed (if resident has discomfort bend their knees)
- Ask resident to assist as much as possible:
- Cross arms over their chest
- Lifting the head. If resident is unable to lift their head, grasp the pillow together with the top corner of the slider sheet.

3. **N**eutral Spine

4. **F**oundation

- Set one foot forward and the other foot back.
- Have all of your weight over your front leg. Do not lock your knees.

5. **A**rms **I**n

- Grasp the slider sheet at the resident's shoulder and hip, palms up, and elbows in close. Keep wrists straight.

6. **R**e-evaluate positions before moving

The Resident

- Do you need an extra sliding sheet for this resident?
- Can the resident help?
- Are they ready?

The Environment

- Do you have the supplies that you need?

Yourself

- Are you ready?

7. **M**ove your legs by shifting weight

- Weight shift from front leg to back leg
- Shift your weight onto your back leg keeping your elbows at your sides, like sitting back on an invisible chair.



Sliding Closer to the Edge of the Bed

Two Person Assist

Task requirements:

- Use an overhead lift, if available.
- Use a slider sheet.

CONFIRM the safety of both you and your residents.

1. **C**ommunicate with the resident and your partner

- Appoint a leader and discuss any potential problems or concerns that might arise before, during and after the slide.

2. **O**rient Equipment and Resident

- For heavy residents, use an additional slider sheet under the resident's feet and legs.
- Slide the resident's feet to the side of the bed.
- Ask resident to assist as much as possible:
 - Cross arms over their chest and lifting their head

3. **N**eutral Spine

- Do not bend or pull with your waist
- Bend at the knees

4. **F**oundation

- Maintain your feet in a side by side position, shoulder width apart

5. **A**rms **I**n

- Position one person at resident's shoulders and other at resident's hips.

6. **R**e-evaluate positions before moving

- Do you need an extra sliding sheet for this resident?
- Can the resident help?
- Are they ready?

The Environment

- Do you have the supplies that you need?

Yourself

- Are you ready?

7. **M**ove your legs by shifting weight

- Shift your weight from your front to back leg keeping your elbows at your sides.

