



## **A NURSING NEED**

# **SWIVEL AND SLIDE SHEETS**

**DESIGNED BY NURSES FOR NURSES,  
CARERS AND PATIENTS**

**ALWAYS MAKE SURE THE BED BRAKES ARE ON AND THE BED  
RAISED TO THE APPROPRIATE LEVEL. IF THE PERSON USING THIS  
PRODUCT HAS A MOBILITY DEFICIT OR CONFUSED, DO NOT USE  
THE SHEET UNLESS SUPERVISED BY A NURSE/CARER  
ALWAYS USE IN CONJUNCTION WITH MANUAL HANDLING  
PRINCIPLES**

### **INSTRUCTIONS.**

#### **GETTING OUT OF BED**

**PLACE THE TWO ROUND SHEETS TOGETHER  
PLACE UNDER BUTTOCKS AND SWIVEL BODY AROUND  
INTO THE SITTING POSITION ON THE EDGE OF THE BED  
ASSIST THE PERSON OUT OF BED**

#### **GETTING INTO BED**

**PLACE THE TWO THE ROUND SHEETS TOGETHER  
PLACE THE SHEETS ON THE BED AND SIT ON THE SHEETS  
SWIVEL TORSO INTO POSITION**

#### **ROLLING SELF FROM SIDE TO SIDE IN BED**

**PLACE THE SHEETS INCLUDING THE SOFT COVER SHEET  
UNDER THE PERSON AND LEAVE THEM IN POSITION.  
THIS WILL AID THE PATIENT WHO EXPERIENCES  
DIFFICULTY IN TURNING HIM OR HERSELF TO TURN  
FROM SIDE TO SIDE WITH EASE**

#### **TO REMOVE THE SHEETS FROM UNDER THE PERSON**

**TAKE THE TOP SHEET AND FOLD IT UNDER ON ITSELF  
AND SLIDE IT OUT FROM UNDER THE PERSON, THEN  
FOLD THE BOTTOM SHEET UNDER ON ITSELF AND SLIDE  
IT OUT FROM UNDER THE PERSON**

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