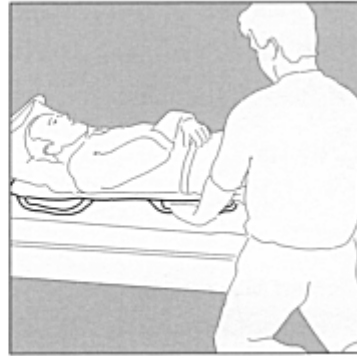


Positioning

The SSTG is placed underneath the individual from the head to the hips. This is achieved by turning the patient onto one side and then inserting the SSTG with the hand grips folded under the sheet (fig. 1). Once the SSTG is placed, roll the individual back onto the sheet. When two caregivers lift an individual up from the floor, the SSTG should be placed with the bottom edge at the hollow of the knees (fig. 9). After the transfer, remove the SSTG by folding in the hand grips (fig. 2) and turning the patient onto one side and carefully pulling the SSTG at an upward angle (fig. 5).



1. Placement when lying down



2. Folding in the grips before removal

Moving a patient up in bed

There are many ways to move an individual in bed. If the patient is not too heavy, the caregiver can carry out this operation without assistance (fig. 3). For heavier individuals, an assistant is required. The caregivers should stand on opposite sides of the individual to be lifted. It is an advantage if the individual can push with their legs (fig. 4). When moving the individual, be careful not to bump the individual's head against the bed headboard.



3. A light and partly active patient



4. A heavy and passive patient

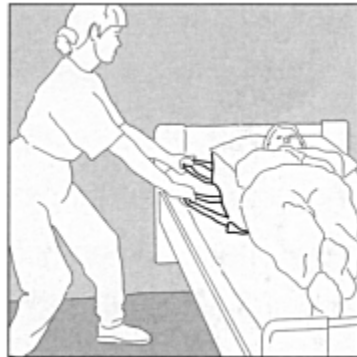
Turning in bed

There are many ways to turn an individual in bed. If two caregivers are turning the individual (fig. 5), they can stand on the same side of the bed or on opposite sides. For lighter individuals, only one caregiver may be needed (fig. 6). Turning is generally accomplished in two stages: the individual is first moved to the edge of the bed and then turned. The individual should be

encouraged to assist in the turning process as much as possible. Remove the SSTG after the individual has been turned.



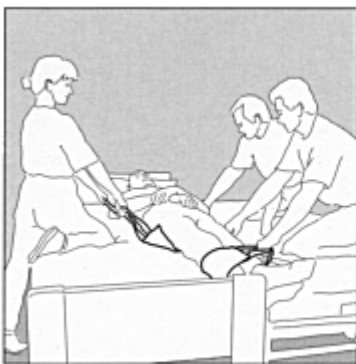
5. A heavy and passive patient



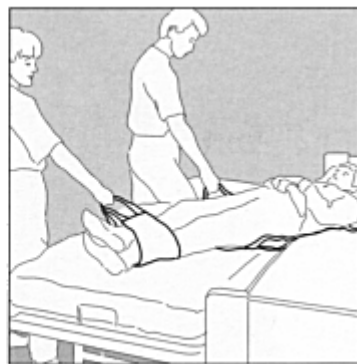
6. A light and passive patient

Transfer between bed and shower trolley, x-ray table, etc.

A transfer from a bed to a shower trolley, and x-ray table, etc. can be accomplished in two methods. The caregiver can move the individual straight across (fig. 7) or the individual can be lifted from the bed and transferred. When using the lifting method, lift the individual by the legs and hips first, followed by the upper part of the body, thereby reducing the load. The use of a Safety Sure Transfer Sling (item 3011) around the feet and ankles can simplify the transfer. Before executing the transfer, make sure that the casters on both transfer point are locked.



7. Straight across



8. One bit at a time

Lifting from floor to bed

Care should be taken when lifting to avoid injury to the individual and caregivers. The SSTG is an excellent aid in this process and can be used by two to six caregivers. The lift can be accomplished with the individual in either the sitting or reclining position(fig. 10 - 11).



9. Placement when sitting



10. Lifting a light patient in a sitting position



11. Lifting in a lying position