

Positioning

The SSTS is placed under the part of the individual's body to be moved (fig.1). The center of the SSTS should cover the heaviest or lowest lying body part and be placed so that it will slide itself in the direction of the transfer. It is best to place the SSTS underneath a draw-sheet which is then used to move the individual. The easiest way to remove the SSTS is to pull the lower portion and allow it to slide out from the individual's body. When doing this, the caregiver should hold one hand against the individual's body so that the individual remains stationary (fig.2).



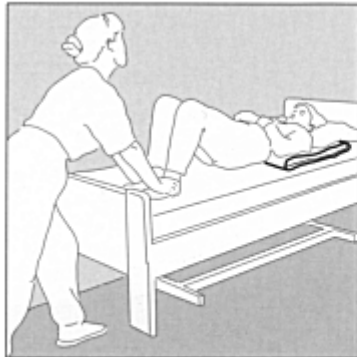
1. Preparing patient for a move



2. Keeping a hand against the patient when removing the sliding mat

Moving a patient up in bed (Boosting)

The SSTS small slide is best suited for individuals who need help under a hip or shoulder. In order to achieve maximum benefit, it is important to position the SSTS under the heaviest part of the individual's body at the hip/shoulder (fig. 3), so that the direction of the transfer is aimed up toward the head of the bed.



3. Bracing the patient's feet, so he/she can assist in the move



4. Turning a heavy and passive patient

Turning in bed

When turning an individual, the SSTS is of considerable assistance when moving the individual sideways (fig. 4) and when helping the individual to find a comfortable position after turning (fig. 6). The SSTS can be placed under either the hip or the shoulder. Some individuals are able to turn themselves with the help of the SSTS (fig. 5).



5. An active patient managing independently



6. A heavy and partially active patient

Transfer from bed to wheelchair

In this procedure, it is important to have an even and stable surface. It also helps to place a small cushion or an Safety Sure™ Transfer Board between the bed and the wheelchair to provide a smooth transfer surface. Place the SSTS under one hip and then tilt the individual over so that their entire body weight (fig. 7) is on the SSTS.



7. A light and active patient also wearing a SST Belt



8. An active patient managing on his own

Transfer from wheelchair to bed

Transfers from a wheelchair to a bed usually involve an upward movement since, most beds cannot be lowered to enough to provide a horizontal transfer. In order to make this type of transfer, the caregiver should stand in a position that will allow the individual to be pulled inward toward the caregiver's hips. This may be accomplished with one knee on the bed or with the help of a Safety Sure™ Transfer Belt or a Safety Sure Transfer Board (fig. 9).



9. A heavy and passive patient being moved with the additional help of an SST Belt as well as a SST Board