

# Slide Sheets

Safe Actions conducts manual tasks training looking specifically at the use of slide sheets to minimise the risk of injury.

The Slide sheet short course covers how a slide sheet can help with:

- Turning an individual in bed
- Sliding an individual up the bed both independently and with assistance
- Sliding an individual from the lower corner of the bed back up into the normal position
- Various methods of inserting and removal of slide sheets
- Dressing
- Repositioning back in a chair
- Applying a sling in lying without rolling the individual
- Applying a sling in sitting
- Positioning an individual in a wheelchair when hoisting
- Specifics of slide sheet inspection

In this 4 hour course, workers are coached in self protective behaviours when completing these tasks and using hoists to reduce the risk or effort associated with these activities.

This course is ideal for workers who use slide sheets and those requiring a refresher of their manual tasks training.

Attendance certificates and manuals are available on request.

