

General Usage

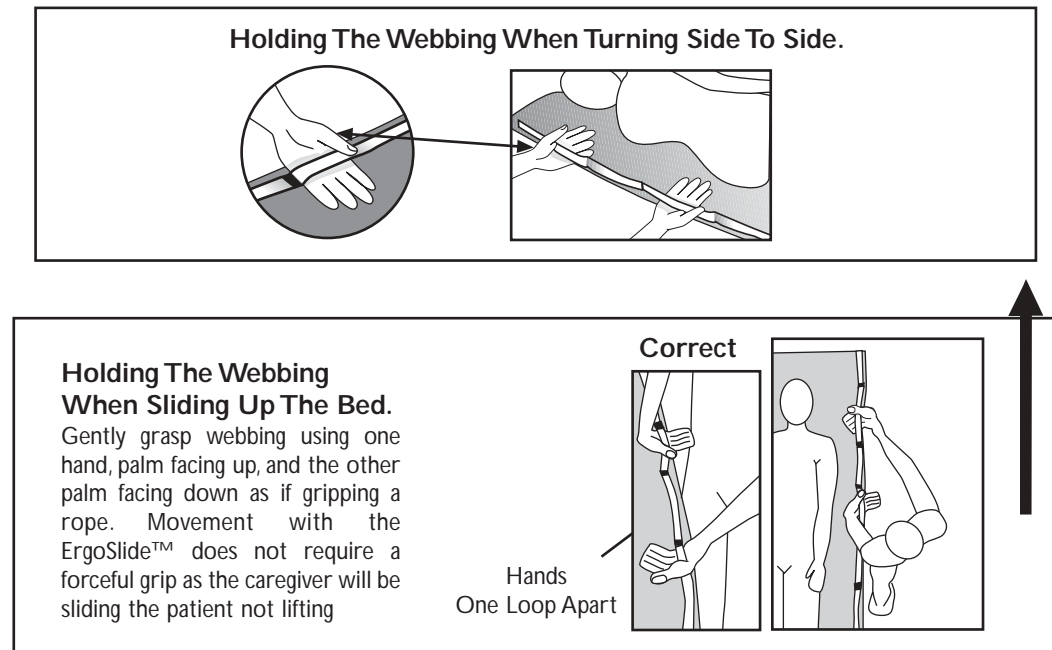
The ErgoSlide™ is used to reposition in bed. Using ergonomically inclined handles for gripping, caregivers can maneuver patients to the desired position without having to lift, which can cause injury to arms, back, and related muscles. **Do not leave the ErgoSlide™ unattended under a patient or on their bed at any time.**

Important Prior To Usage

This brochure is only a guide, as alternative methods may be used for patient handling. We strongly recommend that your facility administrator or risk manager review and approve all protocols used for safe patient handling. Prior to using any equipment, be sure to check for signs of wear to ensure proper functionality. When using the ErgoSlide™ for the first time, practice with a fellow caregiver until you have a level of comfort with the product.

Cleaning Instructions

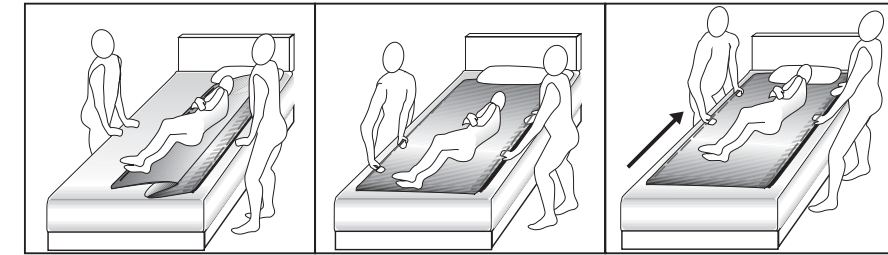
The ErgoSlide™ can be wiped clean using a mild agent or machine washed and dried per label instructions.



Repositioning using the ErgoSlide™

- Two staff required to slide patients up in bed and/or turning patients from side to side, or back to side, or side to back.
- Position bed at suitable working height.
- Caregivers should synchronize movement of the patient by counting aloud to three.

Sliding Patient Up In Bed

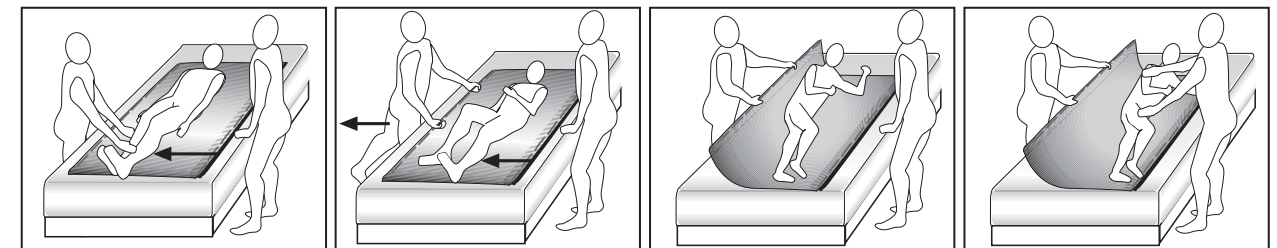


Sliding a Patient Up In Bed

- Place a pillow against the headboard to protect the patient's head from sliding into the headboard. With two people, turn patient on to side, fan fold ErgoSlide™ and place along the length of body making sure the head will be fully supported on the slide. Roll patient back so they are centered on the sheet.
- Standing next to the patient's torso, hold the webbing adjacent to the patient's shoulder and hips. Slide one hand under the loop nearest the patient's head with fingers pointing toward the caregiver, and the other hand at the patient's waist with fingers pointing toward the patient, until the webbing is in the middle of the palm and against the stitching.
- Stand close to the bed with back straight, feet apart, knees bent and the foot closest to the patient's head pointed in the direction the patient is to be moved. On the count of three, slide the patient up the bed by shifting your weight and walking toward the head of the bed.

Remember To Slide Patient, NOT Lift.

- To turn, see below.
- Remove ErgoSlide™ in reverse order of placement.



Turning Patient Side to Side, Or Back To Side, Or Side To Back

- When moving a patient to the side of the bed, position the patient's feet from the middle of the bed to the side, within their comfort range. When turning from side to side, it may not always be necessary to move the feet.
- Position patient for comfort and correct body alignment for turning.
- Position one caregiver on each side of the bed.
- Place both hands with palms up through loops on top sheet near patient's shoulders and hips.
- On the count of three one caregiver steps back to begin the movement of the patient.
- Slide toward caregiver until patient is in the middle of the bed. Then, still holding onto the slide, press it up and over the patient's body toward the other caregiver to turn on side. The other caregiver assists by stabilizing the patient's torso in turned position.
- Gently slide the ErgoSlide™ out from under the patient, or if needed, fan fold the ErgoSlide™ and remove from under patient by rolling side-to-side.

Note: Only minimal effort should be needed, if simply turning from one side to the patient's back. If turning from one side to the other side, turn the patient on to their back first and follow the above instructions to turn the patient onto the opposite side.

After the patient is turned and their lower hip has moved into position in the middle of the bed, use the ErgoSlide™ to ensure the patient is fully turned. Depending on size, some patients may need turning a little more. Still holding the ErgoSlide™, gently push the upper shoulder and hip. Reposition the upper foot and upper arm if needed for comfort and to prevent the patient from rolling on to their back.

When repositioning a bariatric patient, you may need the Bariatric ErgoSlide™ or a mechanical lift.

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The Caregivers' "No Lift" Solution

61" long x 28 1/4" wide



The ErgoSlide™ is the only repositioning device designed by caregivers for caregivers. Constructed from a patented nylon material sewn into a long roller tube, the ErgoSlide™ assists caregivers in repositioning a patient in bed while reducing the risk of injury to the caregiver by not lifting, but sliding the patient.

- Easily reposition a patient in bed
- Effortlessly turn a patient in bed
- Ergonomically inclined handles to assist in "No Lift" maneuvers



* This brochure and its contents were prepared in cooperation with Prevent, Inc. for use in their Get-A-Lift® Program