

Positioning

The SST Slide is placed under the part of the patient's body to be moved (fig. 1). The center of the SST Slide should cover the heaviest or lowest lying part and lie so that it will slide against itself in the direction of the intended movement. It is best to place the SST Slide underneath a draw-sheet, which is then pulled to move the patient. The easiest way to remove the SST Slide is to pull on the lower part of it and allow it to slide out, taking advantage of the slick inner coating. When doing this, you should hold one hand against the patient's body so that the patient remains stationary (fig. 2).



1. Preparing patient for a move



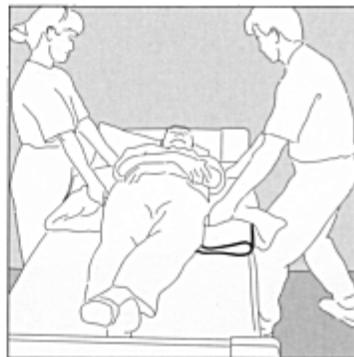
2. Keeping a hand against the patient when removing the sliding mat

Moving a patient up in bed

The SST Slide Small is best suited for the patient who needs help under a hip or a shoulder. To achieve maximum benefit, it is important to position the sliding mat under the heaviest part of the patient'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



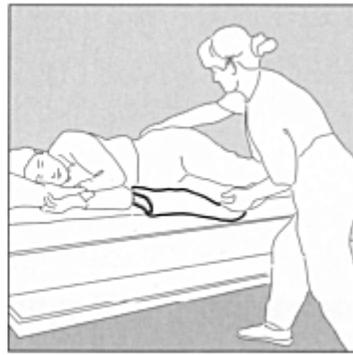
4. Turning a heavy and passive patient

Turning in bed

During turning, the SST Slide is of considerable assistance when moving the patient sideways (fig. 4) and when helping the patient find a comfortable position after turning (fig. 6). It can be placed under either the hip or the shoulder. Some patients are able to turn by them-selves with the help of the SST Slide Small (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 will help to place a small cushion or a SST Board between the bed and the wheelchair to provide a smooth and easy transfer. Place the SST Slide under one hip and then tilt the patient over, so that his/her entire body weight (fig. 7) ends up on the SST Slide.



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 enough to provide an even horizontal transition. A "comfort bed," on the other hand, can be lowered sufficiently to provide for a downward transfer. If an upward transfer is necessary, stand in such a way that you pull the patient inward toward your hips. This may be done with one knee on the bed or with the help of a draw-sheet, a SST Belt, or a SST 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