

# EZ Way Roller/Tube Sheet Instructions

The EZ Way Roller/Tube Sheet is a low friction device used to aid in repositioning and laterally transferring patients in bed. The EZ Way Roller/Tube Sheet is not a lifting device and should never be used as such. EZ Way recommends at least two caregivers conduct all maneuvers. Additional staff may be needed depending on the size of the patient.

## Repositioning

1. Use the log rolling technique to place the EZ Way Roller/Tube Sheet beneath the patient. Position the sheet so the handles are parallel to the patient's sides. The patient's head and shoulders should be on the sheet making sure the sheet extends below the patient's buttocks. (*figure 1*)

**Alternative Application:** Position one end of the roller sheet beneath the patient's head, with handles parallel to the sides of the patient. One caregiver on each side will grasp the handles of the underside of the sheet (handles facing the bed sheet) and gently pull the bottom sheet from the head towards the feet, unrolling the roller sheet beneath the patient until it is in position.



*figure 1*

2. If able, the patient should bend their legs at the knees with their feet off of the sheet so the legs will straighten during the repositioning process. If the patient is not able to bend their legs at the knee, an additional sheet may be used beneath the patient's feet to prevent any friction on the heels.
3. Two people should be used when repositioning. While on each side of the bed, each person should grasp the EZ Way Roller/Tube Sheet by the handles near the patient's shoulders and lower torso and simultaneously slide the patient up in the bed. (*figure 2*) Use caution as to not bump the patient into the headboard.



*figure 2*



*figure 3*

4. The EZ Way Roller/Tube Sheet should be removed after repositioning. To remove, use either of these methods:
  - A) Log roll the patient, tucking the sheet under the center of the patient, then log roll the opposite direction and remove.
  - B) Reach between the layers of the sheet below the patient's knees. Grasp the lower corner of the sheet and pull diagonally towards the patient's shoulders. (*figure 3*)



EZ Way, Inc.

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## Lateral Transfers

1. Use the log rolling technique to place the EZ Way Roller/Tube Sheet beneath the patient. Position the sheet so the open sides of the roller sheet are to the patient's head and feet. The patient's head and shoulders should be on the sheet making sure the sheet extends to the patient's buttocks. If the sheet does not extend low enough another sheet may be used.



figure 4

2. The patient should lie on one side (half) of the sheet, with the remaining half extending to the surface the patient is being transferred to. Lower the side rails on the side of the bed where the transfer will take place. Position another surface next to the bed making sure the surface heights are the same and any gap is minimal. Lock the wheels of both surfaces.
3. Grasp the handles on both sides of the sheet and pull the patient towards the surface you are transferring to. (figure 4) Use caution when completing the transfer making sure the bed rails are in the up position except those between the two surfaces.



figure 5a

**Note:** An additional person may be required to move the patient's feet or an additional sheet may be used beneath the patient's feet to further reduce friction. (figures 5a & 5b)



figure 5b

The EZ Way Roller/Tube Sheets should be removed after the transfer is complete using the methods described in step 4 of the Repositioning instructions. (figure 3)

### IMPORTANT NOTES:

- Inspect slide sheet prior to each usage, looking for signs of wear. Replace sheet at the first sign of wear in fabric or webbing.
- DO NOT leave sheet(s) unattended under a patient.

### SPECIFICATIONS:

Roller Sheet = 37" x 58"

100% Nylon fabric; 100% Polypropylene webbing.

### WASHING INSTRUCTIONS:

Wash per instructions on label. Machine wash warm normal cycle; Air dry preferred. Tumble dry cool acceptable. Do not use bleach, iron or dry clean.

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