EZ Way, Inc.

EZ Way Flat Slide Sheet Instructions

The EZ Way Flat Slide Sheet is a low friction device used to aid in repositioning and laterally transferring patients in bed. The EZ Way Flat Slide 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

Using One Sheet

1. Fold the EZ Way Flat Slide Sheet over itself making sure the handles are facing up. Use the log rolling technique to place the EZ Way Flat Slide Sheet beneath the patient from their head through their buttocks with the fold positioned just below the buttocks.

figure 1

2. If able, the patient should bend their legs at the knees with their feet off of the sheet (*figure 1*) 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.
3. While on each side of the bed, each caregiver should grasp the EZ Way Flat Slide 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

4. The EZ Way Flat Slide Sheet should be removed after repositioning. To remove, use either of two 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

Using Two Sheets

1. Layer two EZ Way Flat Slide Sheets with the top sheet handles facing up, bottom sheet handles facing down. (*figure 3*) Use the log rolling technique to center the sheets between the top of the patient's head and their lower body.
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, or an additional caregiver may gently elevate the ankles during the process.

figure 4a

figure 4b

3. and 4. Refer to steps 3 and 4 from One Sheet instructions above. (*figure 4a & 4b*)

EZ Way, Inc.

EZ Way Flat Slide Sheet Instructions

Lateral Transfers

figure 5

Two EZ Way Flat Slide Sheets should be used to complete a lateral transfer. EZ Way recommends two or three caregivers for this maneuver.

1. Layer two EZ Way Flat Slide Sheets with the top sheet handles facing up, bottom sheet handles facing down. (*figure* 5) Use the log rolling technique to place the EZ Way Flat Slide Sheets beneath the patient. Position the sheets so the patient is on one half of the sheet, with the other half of the sheet extending to the surface the patient is being transferred to. The patient's head 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 6a

2. 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. Raise the handles closest to the caregiver on the receiving surface.

figure 6b

3. One or two caregivers will grasp the handles on both sides of the top sheet and pull the patient towards the surface the patient is transferring to. (figures 6a, 6b & 6c) Use caution when completing the transfer making sure the bed rails are in the up position except those between the two surfaces.

figure 6c

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.

The EZ Way Flat Slide Sheets should be removed after the transfer is complete using the methods described in step 4 of the Repositioning instructions.

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:
Flat Sheet = 37" x 57"
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.

Manufactured & distributed by:
EZ Way, Inc.
701 E. Washington St.
P.O. Box 89
Clarinda, IA 51632
www.ezlifts.com

1-800-627-8940 or (712) 542-5102
Fax (712) 542-1899

⚠**WARNING**: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

Form #2-158
Rev. 08/10/18