

# 2200 ERGOSHEETS®



- Easily reposition and then can be used to easily turn a patient in bed
- Made of very durable and heavy-duty nylon, if used and laundered correctly, the ErgoSheets® will last for 4 years or more

ErgoSafe® ErgoSheets® can be used to move and reposition a patient without pulling the patient's body, arms or legs, and without the caregiver having to lift. They are made from strong nylon material sewn into two sheets with webbing handles on all four sides of the sheets.



**ERGOSAFE PRODUCTS**  
A PRISM MEDICAL COMPANY

**56" x 32" (142 x 81 cm)**

# 2200 ERGOSHEETS®

## USE INSTRUCTIONS:

The ErgoSheets® are used to reposition a patient up 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. The ErgoSheets® can be used to turn a patient if at first you are repositioning up in bed. The log roll technique is the preferred method of getting the ErgoSheets® under the patient.

### Sliding a Patient Up In Bed

1. Obtain number of staff required for the procedure.
2. Explain procedure to patient being transferred or repositioned.
3. Use good body mechanics throughout the procedure.
4. Lock wheels of bed or stretcher, adjust to comfortable working height if possible and lower head of bed unless contraindicated.
5. When repositioning up in bed, remove pillow from under patient's head and place on edge against headboard to protect head.
6. Each caregiver then slides open hands, palms up through the ErgoSheets® webbing handles along the sides of the top sheet, near the patient's shoulders and hips.
7. Working in unison with a partner on the count of three, slide to move or turn the patient to desired position. **DO NOT LIFT.**
8. Remove the ErgoSheets® in reverse order of placement.
9. Check to ensure patient is left comfortable and safe.

### Pivoting a Patient in a Seated Position

1. Fold one of the ErgoSheets® in half with the handles on the outside.
2. Sit the patient on the ErgoSheet®
3. Lifting the patient's legs to a comfortable height, pivot the patient to the desired position.
4. Remove the ErgoSheet® from under the patient.

Regular assessment of the patient's skin is essential if using the ErgoSheets® for extended periods of time. Consultation with a Registered Occupational or Physical Therapist is advised if the ErgoSheets® are being considered for use with patients who have or are at risk of developing a pressure ulcer.

**Do not leave the ErgoSheets® unattended under a patient or on their bed at any time.**

### Important Prior To Usage

This 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 ErgoSheets® for the first time, practice with a fellow caregiver until you have a level of comfort with the product.

## LAUNDRY INSTRUCTIONS:

The ErgoSheets® can be machine-washed at 80°C/170°F. Hang to dry or tumble dry on low heat at 40°C/104°F.

For more information on this and other ErgoSafe® products visit [www.ergosafe-products.com](http://www.ergosafe-products.com)

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