



MED-GLIDE™ POSITIONING SHEET

Helping Caregivers Position Patients Safely



- Helps minimize caregivers' risk of injury when positioning a patient in bed
- Reduces patients' exposure to friction and skin shearing in the positioning process
- Top white layer is cotton/polyester twill for patient comfort and durability
- Low-friction blue polyester bottom panel lets caregivers to reposition safely and easily
- Seamless edges eliminate any raised surface under the patient
- Lightweight, breathable, and easy to launder and sort

The Med-Glide's low friction blue bottom panel helps caregivers reposition safely and easily.

Did You Know?

- According to the Bureau of Labor Statistics, Nursing aides, orderlies, and attendants had the highest rate of injuries and illnesses with 465 per 10,000 full-time workers.¹
- The Bureau of Labor Statistics also states that nursing aides, orderlies, and attendants have a musculo-skeletal disorder rate of 252 cases per 10,000 workers – more than seven times the national average for all occupations.¹
- The Occupational Safety and Health Administration (OSHA) recommends minimizing or eliminating (if feasible) manual lifting of patients to reduce work-related injuries and associated worker's compensation costs.²



figure A



figure B

How to Use Med-Glide Patient Positioning Sheets

Incorporate Med-Glide into your facility's standard bed-making procedure. Place it on the beds of patients who require assistance with mobility.

1. Place smooth blue surface face down on the bed.
2. If the patient requires an underpad, place it on top of the Med-Glide sheet.
3. Have the patient lie on the white surface of the Med-Glide or on top of the underpad, if one is used.
4. Centrally position the patient so the Med-Glide sheet begins underneath the neck and ends underneath the buttocks.
5. Have the patient, if able, bend his knees and place his feet flat on the bed to minimize friction on the heels.
6. Two caregivers (one on each side of the bed) untuck the side flaps and slide the patient to the desired position.
7. Tuck the side flaps securely underneath the mattress when positioning is complete.

Note: The Med-Glide positioning sheet can be laundered like any other healthcare linen item.

Caregiver Tips for Using Med-Glide

- 1 Caregiver should face direction in which the patient will be moved. Step outside leg forward for additional leverage. (figure A) Or, caregiver can face toward the foot of the bed, step outside leg forward for additional leverage, and pull backwards. (figure B)
- 2 When positioning, the white fabric on the sides can be rolled or bunched up for optimal grip.

Note: Med-Glide is designed for patient positioning, not as a lifting/transfer device.

Item	Description	Pkg
MDT218900	Med-Glide positioning sheet, 72" x 40" (182.88 x 101.60 cm)	2 dz/cs

1. Bureau of Labor Statistics. Nonfatal Occupational Injuries and Illnesses Requiring Days Away From Work, 2007. Available at: www.bls.gov/news.release/archives/osh2_11202008.pdf. Accessed December 21, 2011.
2. United States Department of Labor. Occupational Safety and Health Administration. Guidelines for Nursing Homes. OSHA 3182-3R 2009. Available at: www.osha.gov/ergonomics/guidelines/nursinghome/final_nh_guidelines.html. Accessed December 21, 2011.



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