

## Positioning

The SST Slide Medium is placed under the part of the patient's body to be moved. The center of the SST Slide Medium should cover the heaviest or lowest lying part and lie so that it will slide against itself in the direction of the intended movement (fig. 1). 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 the patient up in bed

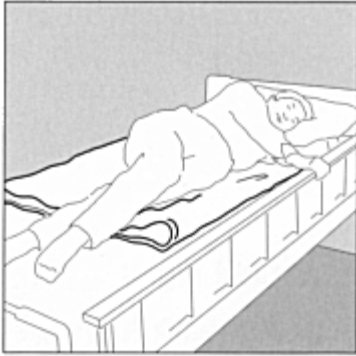
The SST Slide Medium is best suited for the patient who needs help under a hip and/or shoulders. To achieve maximum benefit, position the sliding mat under the heaviest parts of the patient's body, so that the direction of the transfer is aimed up toward the head of the bed.



3. Turning a heavy and passive patient

## Turning in bed

During turning, the SST Slide Medium is of considerable assistance when moving the patient sideways (fig. 3) and when helping the patient find a comfortable position after turning (fig. 5). SST Slide Medium is placed under the hip and the shoulders (fig. 4-7). Some patients are able to turn by themselves with the help of the SST Slide Medium (fig. 4).



4. An active patient able to manage on her own



5. A heavy and partially active patient



6. Preparing a patient to be repositioned



7. Turning a heavy and passive patient