



## General Guide to Using Slide Boards

Safe Working Load 250 kg. 

Before using manual handling equipment, obtain instructions from a Manual Handling professional and practice with able bodied people. If the exercise appears to be unsafe, either the operator/s or the acting patient should stop the exercise and start the manoeuvre again.

In ideal conditions the Slide Boards should not have less than 1/3<sup>rd</sup> of their surface unsupported from underneath. This would mean that more than 1/3<sup>rd</sup> would be under the patient, while the patient is still on top of the chair, bed or operating table. In other words, the patient's weight is still on the chair, bed or operating table but part of the slide board will be sandwiched between their body and the chair, bed or operating table. At no time should the full weight of any patient be completely resting on the unsupported section of the Slide Board.

As the patient slides across the board, some of their weight will still be on the edge of the chair, bed or operating table as well as having some of their weight on the surface they are being transferred to. At no time should all of their weight be in the middle of the Slide Board without any support in the middle of the it.

The Slide Boards will withstand very heavy weight, in excess of 250 kg. but it is very important to remember that the Carer who is doing the transfer must use a good manual handling principals and techniques to prevent injury to the Carer or the patient. If the Carer adopts poor postures standing or leaning incorrectly, they may use pulling forces where they may injure themselves. Always complete a dynamic manual handling risk assessment to determine if it is safe to proceed. If sliding a very heavy patient, the underside of the patient's legs may not be on the Slide Board, so this may impede the smooth sliding action.

Note: The Patient is wearing Handi-Lift/Walk-Belt. Recommended, but not always necessary.



See how the Slide Board is not resting on the wheelchair due to the patient's weight on the other end of the Slide Board & the high side of the car seat.

If **transferring from a car for instance**, if the car has leather upholstery the patient will slide easier than if the car has velour or cloth seat covers. Even the texture of the patient's clothing can affect the procedure. If the patient has heavy legs and these are dragging on the seat, then more effort is required to slide the patient. If doing a sitting transfer, it is preferable to position the patient's feet towards the direction of the slide before attempting to slide them, so the Carer does not have to drag the legs and feet while sliding the patient. A co-operative heavy patient may be easier to slide than a lightweight non-co-operative person or unconscious patient.



The patient's legs are placed on the doorsill in preparation for the slide.

In ideal conditions the two surfaces should be as level as possible, or the surface you are sliding to can be a little lower. In many cases, if sliding from a car seat, the patient's weight will compress the foam inside the car seat. When the Slide Board is positioned under the patient's thighs the other end of the Slide Board may be pointing into the air, due the patient being on a soft seat. As the patient's weight is being slid along the Slide Board the part of the Board in the air will then move down onto the wheelchair, so it is important to anticipate where the Slide Board will descend onto the chair. As the patient approaches the wheelchair, the section of the Slide Board on the car seat will rise up, due to the foam inside the seat expanding as the weight is removed from the top of the Slide Board. Remember to keep the wheelchair brakes on when transferring. Using a Pelican Handi-Lift/Walk-Belt or a Pelican Soft Transfer Belt with padded handles, can

greatly help transferring sitting patients.

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Sliding the patient across the Slide Board to the wheelchair. The Carer is holding the Handi-Lift/Walk-Belt.

If a patient is over 250 kg it may be easier to have some assistance by still using the Slide Board, as opposed to not using any Slide Boards at all. Before starting the transfer, assess if the task will be too difficult before proceeding. Sometimes a second Carer can assist by pushing the patient from inside the car, while the primary Carer is outside the car pulling the patient. When working as a team the prime Carer would be in charge of the manoeuvre, giving instructions on when to push and when to stop pushing etc. The Carer who is pushing should be braced by holding the car seat or another part of the car, to protect them from injury. If the sliding is deemed to be unsafe for the Carers or the patient, then some other method may be necessary, possibly using a **Pelican Car Emergency Slide Board** or a mechanical hoist, but remember many hoists will not lift people from cars.

**Non-Slip Tape:** Some manufacturers have non-slip tape on the back of their Slide Boards. The non-slip tape is not really necessary, as the Slide Boards should not move a lot when they are correctly positioned. Non-slip tape can make it harder to position the Slide Board under a patient, and to remove the board after the transfer. If the Slide Board is used upside down, the non-slip tape will stop the person from moving. By not having any non-slip tape the Pelican Slide Boards can be used either way up.

Also the non-slip tape can make it difficult to keep clean, particularly if the patient is incontinent or there may be some other cross infection reason. Remember if the person is sitting on a chair, or on a bed or operating table and the Slide Board is put under them, the Slide Board can be contaminated on both sides i.e. the top and bottom of the Board. This can be from the patient's clothing, and from where they are sitting on the chair, bed, etc. as the chair will also be contaminated. If the non-slip tape is on the underside of the board, it means the board cannot be easily wiped clean. If a customer particularly wants non-slip tape, this can be purchased from most hardware shops and the customer can easily put non-slip tape on the Boards.

**Slide the Patient – Not the Board** Remember: Slide the patient across the board. Do not slide the board with the patient on top, across the chair or bed. Hand Slots are designed for holding and positioning the board. The Board should not be pulled to transfer the patient.

**Testing Procedure:** As a general Safe Working Load for the Slide Boards, we state 250 kg. but under some circumstances this weight can be exceeded. Under test conditions, a weight of over 333 kg. could slide across a fully supported Slide Board without any distortion of the Slide Board. For testing purposes the Slide Board was on a flat concrete surface with no unsupported gap, as we were testing for compression. The Slide Board did not compress under this weight.



Less than 1/3<sup>rd</sup> unsupported

Lowering 334.72 kg. onto one side of the 6mm Boomerang Flat Bottom Slide Board.

**Cleaning:** Spray and Wipe clean with a disinfectant on both sides or follow local procedures.

**Some Slide Boards & other Sliding Equipment from the Pelican range**



Slide in and out of cars, slide from bed to chair - Available in different shapes and sizes.  
**Pelican Slide Boards**



Curved shape designed to go around wheelchair wheel - used to slide patient from wheelchair to car, bed, chair, etc.

**Pelican Slide Board 'Boomerang' Item 590**



Notched shape designed to fit around car rear seat wheel cavity - enables patient to slide from wheelchair into car to car, bed, chair, etc.

**Pelican Slide Board 'Cut Out' Item 589**



Double velcro fastening and four padded handles for standing and walking.  
**Handi-Lift/Walk-Belt Item 516**



Slides patient from trolley to bed, or vice versa - Can be used with a draw sheet, trolley slide sheet, etc.  
**Pelican Slide Board 'Trolley' with Hand Slots Item 585H**



Easy to use & clean - long pulling straps on both sides prevent climbing across beds  
**Sliding Trolley Sheet Item 591**