

General guide to using Slide Boards

Slide Boards can be of great assistance when moving patients to and from a wheelchair, bed or operating table. Before using a Slide Board, have instructions and guidance from a Manual Handling professional, and practise with an able-bodied person. If an exercise appears to be unsafe for either the Carer or the acting patient, stop the exercise and start over again.

We do not state a particular Safe Working Load for Pelican Slide Boards, as they will withstand weights in excess of 333kg. However, trying to slide someone of this weight could be dangerous for the Carer, and if someone is this heavy they would need a special size Board. In our compression test, a weight of over 333kg could slide across a fully supported Board with no distortion. The Slide Board was on a flat surface with no unsupported gap. The Slide Board did not compress under this weight. As our Slide Boards do not actually lift a patient like a hoist/sling, there is no legal requirement to have a Safe Working Load.

Note: The patient is wearing a Pelican Handi Lift Walk Belt.



Note: The Slide Board is not resting on the wheelchair as the patient's weight is placed on the other end of the Board.

The two surfaces the patient is sliding between should be as close together as possible, and the Slide Boards should have no more than 1/3 of their surface unsupported from underneath. This would mean that at least 2/3 of supported Slide Board will be under the patient while they are still on top of the wheelchair, bed or operating table. In other words, part of the Slide Board should always be sandwiched between the patient's body and the wheelchair, bed or operating table surfaces during the transfer, and at no time should the full weight of any patient be completely resting on the unsupported middle section of a Slide Board. This applies for sitting or lying transfers.

Because the Slide Board will always be resting on a chair, bed etc., as the patient slides across the Board, their weight will be distributed between the edge of the chair, bed or operating table and the surface they are being transferred to.



The patient's legs are placed on the doorsill in preparation for sliding to the wheelchair.

The Slide Boards will withstand very heavy weight in excess of 250kg, but it is very important to remember that the Carer who is doing the transfer must use correct manual handling techniques to prevent injury to themselves or the patient. If the Carer is standing or leaning incorrectly, they may pull the patient while not in a good manual handling position, and even if sliding a lightweight patient, they may injure themselves. If sliding a very heavy patient in a sitting position, the underside of the patient's legs may not be on the Slide Board, and this may impede the smooth sliding action.



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

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 or unconscious patient.

In ideal conditions the height of the chair, bed, or operating table 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/bottom, the other end of the Slide Board may be pointing into the air, due to the patient being on a soft seat. As the patient's weight slides along the Slide Board, the part of the Slide 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 slides into 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 Soft Transfer Belt with padded handles can greatly help transferring sitting patients.



By using the Handi Lift Walk Belt and holding the patient's knees between the Carer's knees, it is possible to slide the patient to the back of the wheelchair. Brakes must be ON.

If a patient is over 250kg it may be possible to use a Bariatric size Slide Board that is larger than a normal one. 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 a 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, such as possibly using a Pelican Car Emergency Slide Board or a mechanical hoist and sling, 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. Non-slip tape is not really necessary as Slide Boards should not move a lot when they are correctly positioned. Non-slip tape can make it harder to position a Slide Board under a patient, and to remove the Board after the transfer. If a Slide Board is incorrectly used upside down, the non-slip tape will stop the person from moving. By not having non-slip tape, Pelican Slide Boards can be used either way up. 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 wheelchair, a bed, or an 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 wheelchair 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 patient particularly wants non-slip tape, this can be purchased from most hardware shops and can be easily affixed to their Slide Board.

Important: For reasons of safety and hygiene, patients should always be wearing adequate clothing, such as underwear or have some material under them when using a Slide Board, so they can slide without shearing on their skin. The brakes should be 'ON' when transferring to/from wheelchairs, trollies, beds, etc.

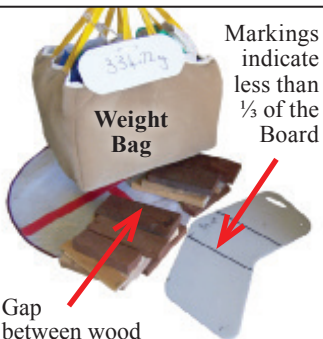

Wooden Slide Boards are still in existence, but are generally being phased out. Plastic Slide Boards have some important advantages:

Plastic Slide Boards	Wooden Slide Boards
Cannot be affected by humidity	Can be affected by moisture in the air, i.e. humidity
Cannot be affected by water	Can be affected by water, e.g. rain, drink spillages
Some plastics cannot snap, but will bend	Can snap without warning
The plastic keeps its shape	Can splinter at the edges
Flexible	Does not bend

All plastic Slide Boards have some degree of flexibility. This flexibility can differ, depending on the patient's requirements. More flexibility is generally required when going from one height to another. The flexibility has to be taken into account for the Slide Board's designated use, as too much flex may be dangerous. Plastics used for Slide Boards should not snap and break. Pelican has carried out in-house testing, bending the Slide Boards 45° and then successfully straightening the Slide Board back to normal.

Some Pelican Slide Boards use a white plastic material in construction. The advantage of this material is that it is virtually self-lubricating. The disadvantage is it can be marked easily, and a brand new product can look second hand. However we feel the advantage outweighs the disadvantage. Pelican have a variety of Slide Boards for both sitting and lying down transfers. Special sizes can be made on request.

Remember: Slide the Patient, Not the Slide Board. Slide the patient across the Slide Board. Do not slide the Slide Board with the patient on top, across the chair or bed. Hand Slots are designed for holding and positioning the Board, and not for pulling on, to transfer the patient.

Weight Testing: Sliding	Weight Testing: Bending
 <p>Markings indicate less than 1/3 of the Board</p> <p>Weight Bag</p> <p>Gap between wood</p>	 <p>Weight Bag</p> <p>Weight Bag</p>
<p>Some blocks of wood on the ground with a gap that is less than 1/3 unsupported.</p>	<p>Lowering 334.72kg onto one side of the 6mm Boomerang Flat Bottom Slide Board.</p>
<p>When the weight was left for several minutes half way across the gap, the 6mm Slide Board developed a bend that was big enough to put some fingers under. When the weight was removed the Slide Board straightened out again.</p>	

Cleaning: Have guidance from your facility's Infection Control Department as they may override our recommendations. Spray and wipe both sides with disinfectant. Ensure dry before using or storing.