

SLIDEEZI® - A SMALL ITEM THAT MAKES A BIG DIFFERENCE

At Hospital Direct, we collaborate with healthcare experts to ensure safe, easy, and up-to-date manual handling standards. **Elizabeth Hallows**, a longtime expert and Manual Handling Specialist, provided the details for this case study.

BACKGROUND

During a manual handling risk assessment, Elizabeth observed that assistants caring for a young man with profound and complex disabilities were using an unconventional slide sheet to reposition him in bed.

This slide sheet consisted of a single layer of thick, slightly slippery fabric with webbing stitched across the underside.

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Associate

Elizabeth Hallows

Physiotherapist,
Independent Manual Handling
Specialist and Expert Witness



ADVICE AND SOLUTION

Upon testing it herself, Elizabeth found that moving with it required significant effort—approximately 8/10 on the Borg scale. The webbing on the equipment did not improve the ease of handling the patient.

Due to the strain involved, two assistants were needed, and at night, a single assistant had to wake a family member for help.

Elizabeth recommended replacing it with a standard, washable Slideezi® tubular slide sheet from Hospital Direct.

RESULTS

After a brief trial, she revisited the family and confirmed a dramatic improvement—the required effort dropped to just 2/10 on the Borg scale.

Elizabeth's company trained the assistants on properly positioning the slide sheet using a single roll and adjusting their technique to use minimal force. The family took a short video of the use of the new sheet, to keep a reference for the assistants and they updated the handling plan accordingly.



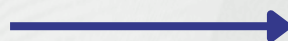
With the right slide sheet in place, a single assistant could now reposition the client safely and independently, eliminating the need to disturb family members—all at minimal cost.

WRONG PATIENT HANDLING
EQUIPMENT



WRONG PATIENT HANDLING
EQUIPMENT

RIGHT EQUIPMENT



RESULTS IN SAFE AND EASY
MANUAL HANDLING WITH
REDUCED MANPOWER

A LONG-TERM STUDY FROM 2024 FOUND THAT THE USE OF SLIDING SHEETS IN NURSING PRACTICE SIGNIFICANTLY REDUCES WORK-RELATED MUSCULOSKELETAL DISORDERS AND IMPROVES JOB SATISFACTION.

(ONWORDI, E., HARRIS, A., ATKINSON, C. ET AL. PREVALENCE, CHARACTERISTICS AND CLINICAL IMPACT OF WORK-RELATED MUSCULOSKELETAL PAIN IN ECHOCARDIOGRAPHY. ECHO RES PRACT 11, 6 (2024). [HTTPS://DOI.ORG/10.1186/S44156-024-00042-3](https://doi.org/10.1186/s44156-024-00042-3))

