

2200 ErgoSheets®



The Handicare ErgoSheets® can be used to move and reposition a patient without risk of pulling the patient's body, arms or legs, and without the caregiver having to lift.

- Easily reposition and easily turn a patient in bed
- Made of durable, heavy-duty nylon material sewn into two sheets with webbing handles on all four sides of the sheet.
- If used and laundered correctly, the ErgoSheets® will last for 4 years or more



Dimensions:
56" x 32" (142 x 81 cm)

Handicare

485 Millway Avenue Unit 2, Concord ON L4K 3V4 Canada | 1.877.304.5438 | www.handicare.ca
10888 Metro Court, St. Louis, MO 63043 USA | 1.866.891.6502 | www.handicareusa.com

2200 ErgoSheets®

Use Instructions:

The ErgoSheet® are used to slide a patient up in bed. Using ergonomically inclined handles for gripping, caregivers can maneuver patients to the desired position without having to lift, which can cause injury to arms, back, and related muscles. The ErgoSheet® can be used to turn a patient if at first you are repositioning up in bed. The log roll technique is the preferred method of getting the ErgoSheet® under the patient.

Sliding a Patient Up in Bed

1. Obtain number of staff required for the procedure.
2. Explain procedure to patient being transferred or repositioned.
3. Use good body mechanics throughout the procedure.
4. Lock wheels of bed or stretcher, adjust to comfortable working height if possible and lower head of bed unless contraindicated.
5. When repositioning up in bed, remove pillow from under patient's head and place on edge against headboard to protect head.
6. Each caregiver then slides open hands, palms up through the ErgoSheet® webbing handles along the sides of the top, near the patient's shoulders and hips.
7. Working in unison with a partner on the count of three, slide to move or turn the patient to desired position. DO NOT LIFT.
8. Remove the ErgoSheet® in reverse order of placement.
9. Check to ensure patient is left comfortable and safe.

Pivoting a Patient in a Seated Position

1. Obtain number of staff required for the procedure.
2. Explain procedure to patient being transferred or repositioned.
3. Use good body mechanics throughout the procedure.
4. Lock wheels of bed or stretcher, adjust to comfortable working height if possible and lower head of bed unless contraindicated.

Regular assessment of the patient's skin is essential if using the ErgoSheet® for extended periods of time.

Consultation with a Registered Occupational or Physical Therapist is advised if the ErgoSheet® is being considered for use with patients who have or are at risk of developing a pressure ulcer.

Do not leave the ErgoSheet® unattended under a patient or on their bed at any time.

Important Prior To Usage - this is only a guide, as alternative methods may be used for patient handling. We strongly recommend that your facility administrator or risk manager review and approve all protocols used for safe patient handling. Prior to using any equipment, be sure to check for signs of wear to ensure proper functionality. When using the ErgoSheet® for the first time, practice with a fellow caregiver until you have a level of comfort with the product.

Laundry Instructions: The ErgoSheet® can be machine-washed at 80°C/170°F. Hang to dry or tumble dry on low heat at 40°C/104°F.

Handicare

485 Millway Avenue Unit 2, Concord ON L4K 3V4 Canada | 1.877.304.5438 | www.handicare.ca
10888 Metro Court, St. Louis, MO 63043 USA | 1.866.891.6502 | www.handicareusa.com