



LOCOMOTOR FLAT SHEET: LOCO – 116 / standard
LOCO – 128 / wide

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The LOCOMOTOR FLAT SHEET is a fabric sheet with one low friction surface allowing an individual to be positioned without the need to lift. The LOCOMOTOR FLAT SHEET incorporates a series of handholds, which allows a positive grip when carrying out a patient handling task. The LOCOMOTOR FLAT SHEET can be used singularly or in pairs and is commonly used for the following patient handling tasks:

- 1) Patient turning
- 2) Moving a patient up the bed

The LOCOMOTOR FLAT SHEET can also be used for a variety of repositioning tasks, including lateral transfer when used in conjunction with LOCOMOTOR EXTENSION STRAPS (LOCO-123) and LOCOMOTOR LATERAL TRANSFER SLIDE (LOCO-119). The multidirectional glide of the fabric allows a patient to be moved in any direction on the bed and reduces shearing to the patient's body.

INSTRUCTIONS FOR USE

- 1) **Patient turning**
Using a pair of LOMOTOR FLAT SHEETS

Position one LOCOMOTOR FLAT SHEET (LFS) over the other with the handles on the outside and length-ways to the bed.
Using a rolling technique (such as used in bed sheet replacement with the patient still in bed) position both LOCOMOTOR FLAT SHEETS underneath the patient ensuring central positioning with regard to both bed and patient.
To turn the patient take hold of the top LFS and slide the patient across the bed and then roll the patient back into the middle of the bed.

- 2) **Moving a patient up the bed**
Using a pair of LOCOMOTOR FLAT SHEETS

Position under the patient as described above, then using an approved handling technique take hold of the top LFS and slide the patient to the required position.

To remove the LOCOMOTOR FLAT SHEETS, reach under the patient between the LFS and the bed and taking the far corner of the LFS fold each edge underneath and pull toward you, peeling the LFS away from patient, preferably working toward the head end of the bed. STEADY the patient as this is performed.

To use LFS singularly, fold LFS ensuring handles are on outside and the low friction surface is on the inside thus creating a tube.

1.1) Patient turning – using single LFS

Insert LFS under the patient using above rolling technique and position so that LFS is across the bed with closed end of the 'tube' facing away from you with LFS positioned between patients hip and shoulder (inclusive). Taking hold of the handles, slide the patient towards you and then roll the patient back into the middle of the bed.

2.1) Moving a patient up the bed – using a single LFS

Fold and insert as described above but this time ensuring that short 'handled' edge is on top of the 'tube' and upper most in relation to the bed.

Orientate the LFS so that it is again lengthways to the bed, it may be necessary to use another folded LFS under patients heels, or a LOCOMOTOR COMPACT SLIDE SHEET, then using an approved manual handling technique, slide the patient up the bed taking hold of the top layer of the 'tube'.

IMPORTANT

ALL PATIENT HANDLING OPERATIONS SHOULD BE CARRIED OUT IN ACCORDANCE WITH APPROVED MANUAL HANDLING TECHNIQUES AND AFTER FULL ASSESSMENT OF THE PATIENT AND THE ENVIRONMENT IN WHICH THE OPERATION IS TO TAKE PLACE.

SPECIFICATION:

Ultra Slide Sheet Material – Silicone Coated Nylon.

DIMENSIONS OF LOMCOMOTOR FLAT SHEET:

200cm x 70cm – standard

200cm x 90cm – wide

CARE & USE:

May be washed at 71°C and can also be autoclaved.

May be sterilised using Sodium Dichloroso-Cyanurate or Sodium Hypochlorite – wipe only and rinse with water.

Regularly check for wear and do not use if there is any sign of deterioration.