



# Hjälpla

## Positioningsheet and secondsheet

**REF** MCS205002, Positioningsheet, MC, Short  
MCL205001, Positioningsheet, MC, Long  
FSS206002, Secondsheet, FS, Short  
FSL206001, Secondsheet, FS, Long  
STSS207002, Secondsheet, STS, Short STSL207001,  
Secondsheet, STS, Long  
LFE208150, Loops for extension

SWL: 300kg

Positioningsheet, mattress cover (MC) is a slide sheet that facilitates positioning and turning in bed for the patient. It is bedded in the bed like a normal sheet. It has satin under the patient that makes the friction lower. Positioningsheet can be used in combination with Secondsheet Side to side (STS) and then it helps the caregiver to turn and positioning the patient from side to side. It can also be used in combination with Secondsheet Four side (FS) that helps the caregiver to turn and positioning the patient from side to side and also up and down in bed. Secondsheet FS has a satin surface that makes the friction very low.



### Check Safety

Check the condition and function of the assistive device regularly. Check to ensure that material is not worn or faded. If there are signs of wear, the product must be discarded.



### Always read the user manual

Always read the manuals for all assistive devices used during a transfer. Keep the manual where it is accessible to users of the product. Always make sure that you have the right version of the manual.

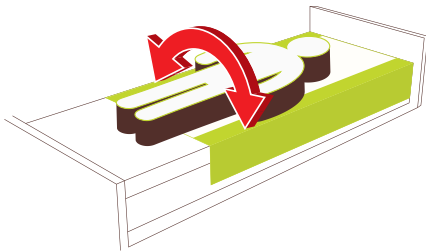


### Important information

Do not leave the patient unattended during a transfer situation. Be aware that there is a risk of the patient sliding out of the bed. Raise the bed rails if you don't have caregivers on both sides of the bed.

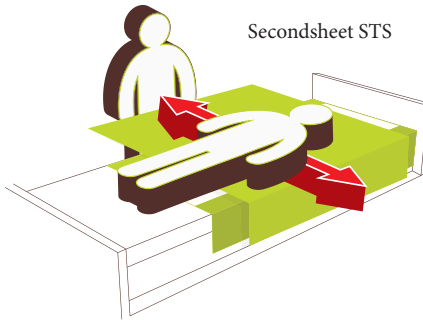
## Different use for the different sheets

Positioningsheet MC



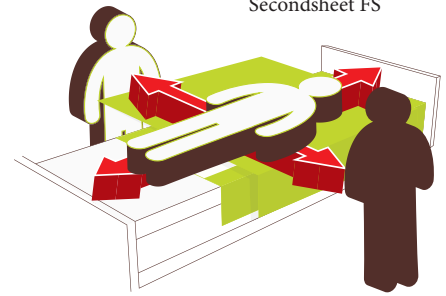
Positioningsheet MC helps the patient to easy do positioning in bed by them selves, because of the low friction on the satin.

Secondsheet STS



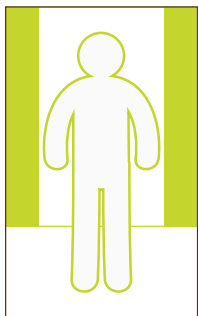
The Secondsheet STS helps the caregiver to turn and positioning the patient from side to side in bed but is not sliding up and down. If the patient is heavy it is possible to use a lift when turning. The gliding movement can be inhibited by bedding the Secondsheet STS in under the mattress on both sides of the bed.

Secondsheet FS

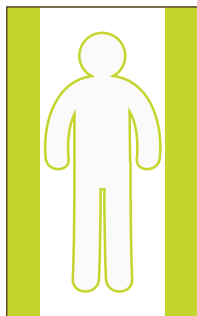


The Secondsheet FS has satin on the underside and that makes the positioning in bed very easy it helps the caregiver to turn and positioning the patient from side to side and up and down in bed. If the patient is heavy it is possible to use a lift when turning. The gliding movement can be inhibited by bedding the Secondsheet FS in under the mattress on both sides of the bed.

## Placement of the positioningsheet, mattress cover in the bed



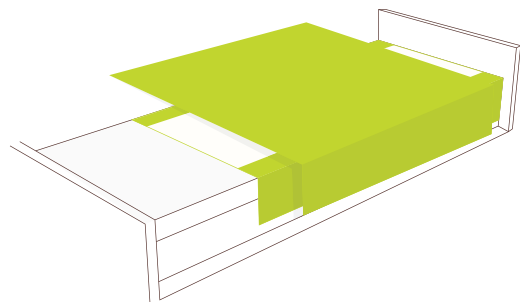
140 x 190 cm



190 x 200 cm

Place Positioningsheet MC with the satin surface in the middle of the bed. It is bedded in the bed like a normal sheet. Make sure that the label "This side up" is in the middle of head end of the bed. Ensure that the mattress cover's rough surfaces are evenly distributed on both sides of the bed. These rough surfaces prevent the patient from sliding out of bed.

## Placement of the Secondsheet, STS and Secondsheet, FS in the bed



When the patient needs assistance for positioning in bed, place Secondsheet on top of the positioningsheet, mattress cover. Make sure that the label "This side up" is in the middle of head end of the bed. The secondsheets has handles on the sides.

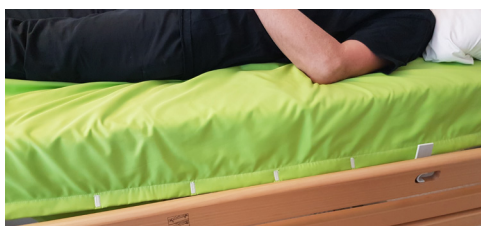
## Positioning in bed with Secondsheet



Perform the turn by grasping the Secondsheet at the level of the hips and the shoulders. You can choose either the handles or just grasp a lot of fabric in the hands. For best ergonomic technique we recommend to grasp a lot of fabric.

Work with straight wrists and shift weight by leaning backwards. Turning with the aid of a Secondsheet can be performed by one or two caregivers.

This is a collaborative effort whereby one caregiver pulls the draw sheet (as above) and the other presses down somewhat near the shoulders and hips while at the same time pushing. Turn the patient.



After turning, gliding is prevented by tucking the Secondsheet under the mattress on both sides.

## Locking the Secondsheet when sitting up in bed



With a Secondsheet Four side in the bed, downward gliding can be prevented even when the patient sits up in bed.

Tuck in part of the draw sheet, so that it is folded double under the patient's seat. Then, tuck the draw sheet in under the mattress, but only at the hip section. When the head end of the bed is subsequently raised, the draw sheet acts as a friction surface to prevent sliding.

## Turning with a lifting device



When manual turning with the Secondsheet seems to place too much strain on the body, you can use the handles in combination with a patient lift and a two-point slingbar. Select two of the handles on one side and hook them to the slingbar or add the loops for extension (depending on the lifting height, if you use a mobile lift you probably will not have enough lifting height). Prepare the patient for turning.

Start turning carefully and stop to make any necessary adjustments; e.g., move the patient closer to the middle of the bed to free more space for turning. Then, raise the slingbar until the patient is lying on his or her side.

The users back is now supported and the caregiver is easily able to attend to the users personal hygiene needs.



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### Fabric

Polyester, cotton and satin

### Care of the product

Do not use fabric softener. To ensure maximum material life time, hang dry or tumble dry on low heat.



### CE Medical Device Class I

The product complies with the requirements of the Medical Devices Directive 93/42/EEC.

Contact your local distributor if you have any questions about the product and its use.

Warranty: One-year warranty on material and manufacturing defects, provided that the product is used correctly.



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