

# Staebel In Bed Turner Base Sheet User Manual

Product Code: 2103TB



**Thank you for choosing the Staebel In Bed Turner Sheets.** For the care of the long term or 24 hour patient, providing assistance with repositioning up and down in bed, turning, swivelling, sitting up, transferring and proning. Please read this instruction booklet carefully before use to avoid any potential accidents and injuries due to misuse.

## ABOUT YOUR PRODUCT

The Base Sheet can be used on its own allowing a person to reposition themselves safely and comfortably in bed. Lying directly on the sheet makes turning over and getting in and out of bed much easier.

If you need extra assistance, the Base Sheet **MUST BE COMBINED** with the Staebel In Bed Turner 4 Way with Handles.



### Base Sheet

Fully fitted elasticated skirt all the way around with vents on the bottom two corners for dynamic mattresses air hose.



### Top Sheet

4 Way Top Sheet (checked) with handles for ease of handling or for attaching to hoists.

## USER INSTRUCTIONS

### Base Sheet Only: How to set up for a user who required a base sheet to facilitate turning and sitting securely independently



- 1. Safety note:** If available, always put the brakes on the bed before asking your client to get into bed and set the height at an accessible height if height adjustment is possible.

Place the Base Sheet on the bed mattress, making sure that the label 'THIS WAY UP' is at the head of the bed.



- 2.** If you are using a model with an fitted skirt you will notice two openings at each bottom corner.

These are for an air hose if you are using a dynamic mattress.

These will arrive sealed with a nylon tag. If you require a hole for your air hose, simply cut the tag as you would on a garment and throw away.



- 3.** Your patient can now lie directly on the Base Sheet and turn easily from side to side as necessary.

When sitting up, the satin weave prevents slippage up and down and the cotton edges also prevent slippage on the edge of the bed.



- 4.** If leaving your patient in a sitting position it is always a good idea to use the knee breaks on the bed (if available) or wedges/pillows under the knee/feet.

## Base Sheet & Top Sheet Combined: How to set up for a user who required all in repositioning and in-bed care



- 1. Safety note:** If available, always put the brakes on the bed before asking your client to get into bed and set the height at an accessible height if height adjustment is possible.



- 2. Please follow steps 1-3 on the previous page and return here to continue.**



- 3.** Place your chosen Top Sheet on top of the Base Sheet, using the centre marking so that “ THIS WAY UP” is at the head of the bed.



- 4.** With the Top Sheet, ensure the fabric is draped evenly over the sides of the bed.

You will notice that the top sheet glides easily up to the head of the bed, from side to side and then up and down, made possible by the two satin panels working together in combination.



- 5.** Tuck in the excess fabric of the Top Sheet.



- 6.** The Staebel Satin Top Sheet and Base Sheet panels are now ready for your patient to lie on or to be hoisted on to.

## Base Sheet & Top Sheet Combined: How to move a person up/in the bed and then secure their position - single carer



- 1.** If there are brakes on the bed, check the brakes are on and holding.



- 2.** Adjust the bed height (if you can) so that you are working at a level commensurate with your height and use safety sides whenever you can when working on your own.



3. Stand at the head end and take the corner of the Top Sheet closest to you.



4. Adopting a good stance, pull the patient up towards you using a weight transfer manoeuvre.  
Repeat on the other side so your patient is now moved further up the bed.



5. Secure your patient's position by tucking the Top Sheet under itself (close to patients thighs) so that cotton is against the satin of the Base Sheet. This 'Locks' the system so your patient cannot move.



6. If you need to, and the bed has the facility, you can then elevate the bed to a sitting position with the knee break.

## Base Sheet & Top Sheet Combined: How to turn a patient without a hoist



1. You will always be turning your patient away from you, so start on this side and work from this side.  
*\*Use safety sides wherever you can when working in your own.*  
Position your patient for turning.



2. Roll up the excess fabric on the Top Sheet as shown.



3. Slide your patient to the edge of the bed.



4. Turn your patient using an approved technique.



5. Whilst the patient is in the turned position, place a wedge behind their back and roll them gently back onto this.



6. Adjust their pillow position by using the Slippy Sleeves to slide under the pillow and reposition easily.



7. Now you can lock off the Top Sheet by tucking the bottom of the Top Sheet under itself so that the cotton is against the satin of the Base Sheet.

## Base Sheet & Top Sheet Combined: How to turn a patient with a hoist spreader bar



1. Whichever hoist you are using, overhead tracking, gantry, mobile or whichever spreader bars you are using, single or double, the method of using the Top Sheet is the same – the positioning will just be slightly different as explained in the Extra Techniques on the next page. You will always be turning your patient away from you so start on this side and work from this side.

*\*Use safety sides wherever you can when working in your own.*



2. Attach the spreader bar to the handles on the Top Sheet (single spreader bar at the hips and shoulders; double spreader bar positioned equally down the length of the Top Sheet).



3. Using the hoist bring your patient gently towards you, raising the bar slightly. You are aiming to keep your patient in the middle of the bed. Repeat until your patient has turned in the bed as shown.



4. Whilst the patient is in the turned position, place a wedge behind their back and roll them gently back onto this.



5. Release the spreader bar or bars from the Top Sheet.



6. If you need to, and the bed has the facility, you can then elevate the bed to a sitting position with the knee break. Adjust their pillow position by using Slippy Sleeves to slide under the pillow and reposition easily. Now you can lock off the Top Sheet by tucking the bottom of the Top Sheet under itself so that the cotton is against the satin of the Base Sheet.

## EXTRA TECHNIQUES

### How to secure a user's position, sitting or lying, when you have repositioned them

To secure or lock the patient's position you will need to tuck the Top Sheet back on itself. If you are working on your own you can only work one side at a time.

**(a)** Take a corner of the Top Sheet and pull diagonally to remove any creases under the patient. **(b)** Working from one side, take the Top Sheet and turn it under so that the checked polycotton fabric is against the satin of the Base Sheet. By doing this you will expose enough cotton against satin to make the patient safe. **(c)** Go around to the other side and repeat, the patient's position will now be safe. **(d)** If in a sitting position use the knee break in the bed or use wedges or pillows under the knees. **(e)** Use safety sides wherever you can when working in your own.



### Attaching a hoist spreader bar

Although the Staebel In-Bed Assistance system can be used to reposition without the aid of a hoist, a hoist and its spreader bars can be useful, especially for single carers and plus sized patients. The Top Sheet with Handles can be used with most spreader bars on overhead tracking, gantry systems and also mobile hoists.

**(a)** If using a single spreader bar, attach the straps on the underside of the Top Sheet with Handles at points to coincide with the patient's shoulders and hips. **(b)** If using double spreader bars, these can be attached at points to cover the whole torso. **(c)** Always make sure that the handles are securely fixed on the spreader bar. **(d)** Use the hoist slowly to ensure maximum patient comfort and safety



### How to Handle the top sheet without a hoist

The Top Sheet, whether torso length or full length can be used like the top part of a slide sheet. Useful techniques for single carers are:

**(a)** Take a corner of the Top Sheet and pull diagonally to remove any creases under the patient. **(b)** Always gather close to the patient at points to coincide with the patient's shoulders and hips. **(c)** Always get a good grip on the sheet. **(d)** Keep your hands low and gliding in the surface underneath – this avoids the risk of wrist / lower arms strains. **(e)** Always use gentle, small movements to reduce strain and keep your patient comfortable.



## WARRANTY

**Two years** (manufacturing defects) provided the product is used in accordance with instructions.

## MATERIAL CONTENT

Fabric: 100% Polycotton

Satin Panels: 100% Polyester

Handles: Polypropylene

## STORAGE & HANDLING

- Store in a clean dry environment that is not subject to excessive heat
- Keep away from sunlight
- Store flat and avoid placing heavy objects on top of the product

## WARNINGS & PRECAUTIONS

- Do not leave or drop on the floor; they are a slip hazard
- Inspect all products, including handles, before use for signs of damage or tears
- Safe Working Load (SWL): 300kg

## CLEANING INSTRUCTIONS

- Spillages or marks can be wiped clean, between use with the same patient, with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Cleaning materials used should be patient safe and biodegradable.

## DISPOSAL INSTRUCTIONS

- **Polycotton:** Non-recyclable.
- **Polyester Satin Panels:** Made from PET fibres that can be recycled into PET bottles and PET fibres.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.



Keep Dry



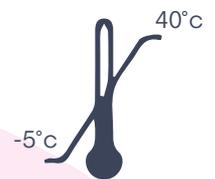
Keep away from direct  
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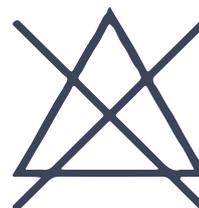
Caution



Do not use if  
package is damaged



Storage Temperature  
Limit



Wash at 30-90°C. Tumble dry on low heat. Iron on low heat. Do not use bleach. Do not use fabric conditioner.