



**User Guide (0908)**  
**Barton Transfer Sheets**

**Instructional Phase**

**Introduction**

1. Maneuvering a patient in bed can be accomplished with ease using a Barton transfer sheet (a silicone-embedded nylon sheet).
2. Barton sheets can reduce staff injuries and patient anxiety.
3. The silicon embedded nylon sheets are designed to reduce friction.
4. There is no shearing of skin during the application (the sheet always slides against itself).



## **Folding the Sheet**

1. Any patient transfers or repositioning should be completed using two staff members.
2. Select a volunteer from the attendees to assist in folding the sheets, keeping each fold about six inches in width (if the sheets are folded neatly placement will go much smoother).
3. Leave a six inch flap of sheets at the end, this flap is for placement of patient's head.
4. Place patient's bed/stretcher in the prone position.
5. Take the now folded sheets and place them underneath patient, insuring the folded part of sheets are underneath the patient's shoulders (this can be accomplished by gently rocking transfer sheets side to side with the assistance of another care giver – allow the patient to assist as much as possible).



## **Placing the Transfer Sheets underneath the patient**

1. Seek assistance from a fellow health care provider, in applying the previously folded transfer sheets from head to toe.
  - Placement is accomplished by pulling folded part of transfer sheets with quick lateral motions (in unison).
  - Transfer Sheets can be used underneath linen to enhance patient comfort.
2. Tips:
  - Place bed or stretcher at a good working height
  - Neatly folded transfer sheets will facilitate placement
  - Anchor upper hand to mattress
  - Lower hand remains on mattress throughout process
  - *Pull quick, straight/lateral, and in unison*
  - If resistance is encountered at patient's trunk resist urge to jerk and either continue to pull easy or rock sheets from side to side



## **Maneuvering the Patient with the Transfer Sheet**

1. Any patient transfers or repositioning should be completed using two staff members.
2. Once sheet is under patient repositioning can be accomplished easily.
3. Have caregivers on both sides of the bed, grasp top transfer sheet via integrated handles, and pull patient in desired direction. The patient will slide easily but health care providers should still employ proper body mechanics.
4. **Log-rolling becomes much easier when using the transfer sheet.**
  - Ensure that side rails are up and the bed wheels locked.
  - Pull transfer sheet towards body and up (this will turn patient on their side).
  - Friction reducing properties of the sheet will allow the patient to remain in the centerline of the bed.
  - Sheets can be removed (once patient has been secured on side using pillows or wedges).
5. **Sitting the patient up on side of bed also becomes much easier.**
  - Lift head of bed so patient is sitting up as straight as possible. Be cognizant of fact that patient may tend to slide down in bed.
  - Have one caregiver support the patient's back while the other caregiver bunches the sheet at the patient's feet.
  - Lift and slide the patient's feet with sheet so patient is now sitting at side of the bed.
  - Grasp sheet around patient's waist and slide patient forward so their feet are on the ground.
6. Ensure proper body mechanics are being used when sliding patient forward. Take caution not to slide patient off of the edge of the bed.

## **Removing the sheet**

1. Removal of transfer sheet from under patient is very easy. Reach under the patient's ankles and unfold the sheet (shiny side against shiny side) on itself. Explain to attendees the sheet slides against itself during removal preventing shearing of skin.

2. Show and emphasize the short pull technique (pulling from foot to head at a 45° angle away from the body).

