

'One-Turn' Sling Application Technique

The 'one-turn' technique to apply a universal sling is very popular and simple. Below is a video link and explanation of how use this technique. This procedure is also on the Fraser Health intranet site (FH Ergonomics Program).

Remember: It is important to always assess your client first for the task, load, environment & individual.



* Turn the client onto their side. Fold sling in half (make sure the label is on the outside of the sling). The centre fold will line up with the spine.



* Fold the leg strap in half and tuck the top of strap (narrow part) under client's neck. Fold in straps from top layer.



* Roll the sling toward the spine, make sure all straps are tucked in.



* Roll up the top half of the sling. Rolling stops at clients spine.



* Roll client back to supine position. Move to other side of bed. Retrieve leg strap from behind client's neck and gently pull on this strap so the sling will unravel.



* The client is now lying on sling and ready to be hook up to ceiling lift.



For more information and to view a video on the 'one-turn' technique, please visit:

<https://www.hmebc.com/education-resources/>

- * Doesn't cause friction or shearing since the sling unravels against the bed.
- * Minimize turning your client by utilizing this one-turn technique to apply a universal sling.
- * Always assess your client first for the task, load, environment and individual.



This edition of Health Corner was compiled by Helena Brenner, BSN, HME's Clinical Nurse Educator.

Three locations to serve you!

Richmond Location
#130 - 4011 Viking Way
Richmond, BC, V6V 2K9
Phone: (604) 821-0075
Fax: (604) 821-0049

South Surrey Location
#140 - 19288 22 Avenue
Surrey, BC, V3Z 3S6
Phone: (604) 535-5768
Fax: (604) 542-0184

Victoria Location
2521 Government Street
Victoria, BC, V8T 4P6
Phone: (250) 386-0075
Fax: (250)386-0049

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