

SKI SHEET

Instructional Guide



HORIZONTAL or VERTICAL EVACUATION?

With a 'SKI' Evacuation Sheet You Can Cope!

Use a 'SKI' Sheet for progressive horizontal evacuation and if the fire develops or the need arises, you have the means of moving non-ambulant patients quickly and easily down stairs and fire escapes to safety.

Without a 'SKI' Sheet, stairs and fire escapes could prove to be obstacles rather than escape routes at a crucial stage in the evacuation, causing at best bottlenecks, at worst chaos and panic.



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Over, Under and Through-we'll help you out!

ATTACH THE SKI SHEET TO THE MATTRESS

Simply lay the 'SKI' sheet on the base of the bed and place mattress on the top. Attach sheet to the mattress using the elastic corner loops. Adjust for a snug fit and tuck in the end drag handles

STORE THE BELTS

Tuck/fold the belts and store in the easily accessible pockets on the sides of the sheet

AND THERE IT STAYS

Unobtrusively but securely fixed to the mattress.

READY FOR IMMEDIATE USE

1. **Place pillows** on patient's chest and legs before strapping in order:

- a) to gain maximum patient security.
- b) to strap tightly without undue pressure on patient's chest.

2. **Pull belts** from storage pockets (easily located, next to the corner elastic holding the sheet in place.)

3. **Fasten Buckles** over the patient; no hooks to catch, no knots to learn

4. **Tighten Straps** as tight as possible forming mattress into 'U' shape:

- a) to cocoon the patient
- b) to prevent the patient sliding
- c) to reduce area of friction
- d) to make dragging easier

5. **Slide mattress off the bed** using the cross straps or end handles. There is no need to lift, just guide and control the mattress, (foot end first) off the bed, and let gravity do the work. Where side handles are fitted, these are to allow additional assistance when moving heavy patients or those needing more careful handling. *The handles are not designed for lifting*

6. **Drag to safety** once on the floor, the patient can be dragged to safety even by someone untrained.

There is a large loop pull handle at each end of the 'Ski' Sheet and the strong nylon body of the 'Ski' Sheet is of such low frictional resistance that the patient can be moved quickly and easily to safety.

7. **Even down stairs**, on stairs the mattress is almost at the point of slide so very little pull is required. Pull with one hand and hold the stairway hand rail with the other.

The patient is protected from bumps and bruises, and when safety is reached, can be left snugly wrapped in mattress and blankets until further help arrives.

Training Guide

Fitting evacuation SKI sheet to mattress

Lay the SKI sheet on the base of the bed with label face up. Tuck/fold the belts and store in the easily accessible pockets on the corner sides of the sheet. Place the mattress onto the SKI sheet. Attach the SKI sheet to the mattress using the elastic corner loops. Adjust for a snug fit and tick in the end pulling handles.

There it stays

The bed is then made up in the normal way the SKI sheet unobtrusively but securely fixed to the underside of the mattress.



Ready for use

Working at a comfortable bed height remove pillows from under the patient and lay the patient flat on the mattress. The bed may need to be adjusted to a flat position. Tuck bed covers around the patient.

Positioning of pillows

The pillows that have been removed from the patient are now placed across their chest and legs. This is done to gain maximum security when the straps are tightened.

Securing cross straps

Working in pairs (one on either side of the bed if space allows) remove the cross straps from the corner pockets and fasten over the patient. The straps are to be tightened enough to form the mattress into a U shape. This will cocoon the patient in the mattress, prevent patient from sliding, reduce friction area and help make pulling easier.



Taking mattress from bed

Remove the pulling handles from the head and foot end of the bed. If time allows lower the bed to its lowest position. In some situations there may be sufficient space to tilt the bed foot end to take the mattress off the end of the bed, having removed the bed foot end. This is probably the easiest and safest way. However, from previous experiences taking the mattress off the side of the bed (foot end, feet first) is the most likely route to take, due to lack of space. To ensure that both or all carers removing the mattress from the bed (carer at foot end and head end holding the drag/pulling handles) are prepared for the lowering of the mattress onto the floor. Care should be taken when the head end of the mattress comes off the bed to prevent the risk of banging the patient's head on the bed frame.



Moving across floor

The carer at the head end, once on the floor, can help pull from the foot end of the mattress.

Positioning to move through doors

Take the widest angle when moving through doors, this will prevent the mattress from rubbing against the door frame. Once through the door make sure the mattress is clear from the door frame, pull the mattress around at 45° ready for the pull to the stairs.

Direction of patient to move down stairs

It is recommended that if you have to negotiate swing doors, en route, then to protect the head of the patient you should go through the doors head first. However please bear in mind that you need to arrive at the top of the stairs with the patient facing feet first on to the staircase



Moving down stairs

When moving the mattress down the staircase the person at the bottom of the mattress should use their feet and legs to assist their pulling action by pushing them into the stairs as the descend and pull the mattress. As the mattress comes onto the staircase, it is usual for the person at the top to hold the pulling handle long, with legs slightly apart to assist their balance. It is the person at the lower end who is in control of the speed of descent and they start with the handle short and gradually lengthen it, as the descent progresses. Important that the pulling straps are held and not wrapped around the hands or wrists.

Turning on half-landing

Work at wide angles, pull the mattress to the wall corner, on a tight or narrow staircase you may need to use the cross straps to position the mattress ready for the next descent.



Patient comfort and safety at point of refuge

Once the patient has reached a point of safety ensure that the patient is comfortable, you may need to loosen the cross straps.

Tested Safely to 352 lbs

Maximum safe working load 264 lbs, up to two people

Laundry procedure

When laundering does become necessary the buckles on the belts should be fastened. A temperature of up to 176 F can be used. To protect the buckles it is recommended that the sheets should be washed in a bag wash. Thorough rinsing will ensure that no detergent deposit is left. A disinfectant may be added to the final rinse if required. Drying at a low temperature is recommended to prevent the nylon material from becoming brittle and shrinking.