

How to move and position a person in bed

★ Do not move a person with slide sheets if you have not been trained.

★ This is a two-person task.

 Report any signs of pain or distress to your manager/supervisor.

1

You need:

- Slide sheets x 2
- Pillows
- Hand sanitiser
- Step-by-step guide

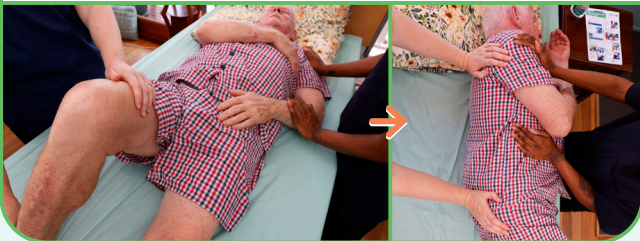


Clean your hands

2

Lift and bend the leg and roll person onto their side

★ Roll to the side that is most comfortable for the person



3

Hold and line up slide sheets against each other



4

Place slide sheets lengthways next to the person



5

Bunch slide sheets up and tuck half under the person



6

Roll person onto their back



7

Support the person and pull slide sheets out from other side



8

Gently lower the person



9

Use the top slide sheet to move the person as needed



10

Bend leg and roll person onto their side



11

Pull out bottom slide sheet by pulling it under itself starting from the feet and working towards the head



12

Pull out remaining slide sheet with same method



13

Use pillows to put the person in a comfortable position



Clean your hands