

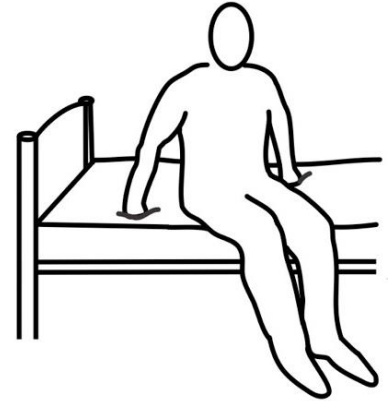
# B1

## SIT TO STAND FROM BED

### 1 CARER

1

Person to sit on edge of bed with feet apart, one foot further forward. Sitting at 45° angle, approximately 1/3 of the way down the bed.



2

Carer to position themselves at side of person, facing forwards, feet apart; one foot in front of the other.

Carer to place arm across person's back, at waist level.



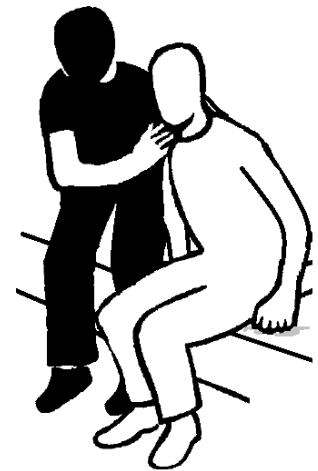
3

Person to lean forward ('Nose over toes') then look up.

Carer to offer verbal prompt such as "ready, steady, stand".

Carer to provide gentle forward pressure at lower back to encourage stand.

Person to push down on mattress, with head raised and stand.



4

Ensure person is stable before walking.

