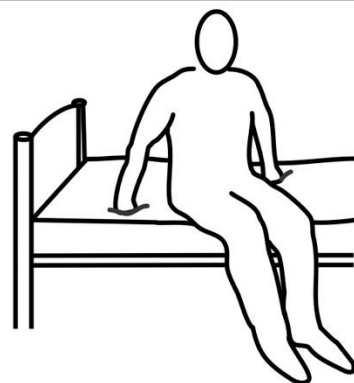


B2 LEGS ONTO BED

1 CARER

1

Person to sit on bed at 45° angle with bottom as far back as possible, approximately 1/3 of the way down the bed.



2

Carer to kneel down near person's hip, facing towards the far end of the bed.

Person to lift their legs. Carer to provide assistance. (See note below)



3

Carer to move their front foot towards bed.



4

Legs to be moved round onto bed.



N.B. • If carer feels unable to assist seek further professional guidance.