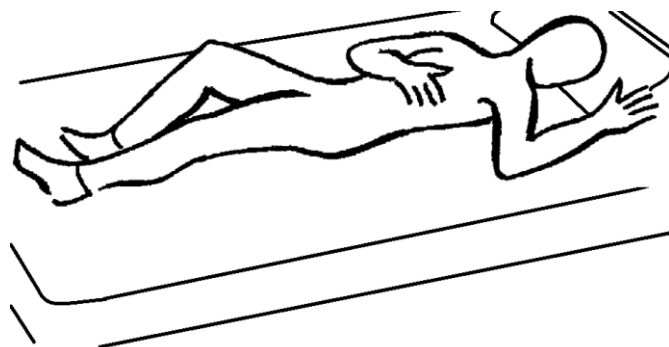
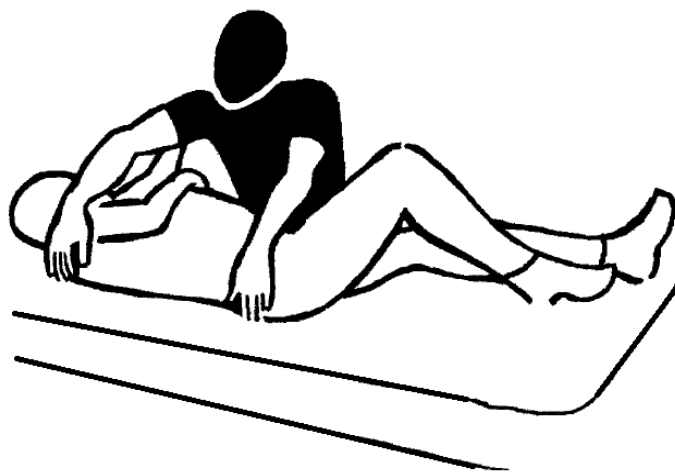


- 1** First ensure sufficient space on the mattress to roll onto, to prevent person rolling off the bed.



- 2** Carer to place hands at shoulder and hip, and roll person towards them.



- 3** Person to maintain side lying position.



- N.B.**
- If bed side rails are in situ, lower prior to rolling person on bed.
 - Ensure bed is at appropriate height for carer.
 - If starting position on mattress cannot be achieved seek professional guidance.