

MOVING UP THE BED

B10

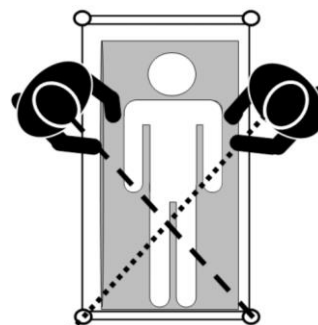
SLIDE SHEET

2 CARERS

- 1 Slide Sheet to be fitted as per guidance sheet B9.

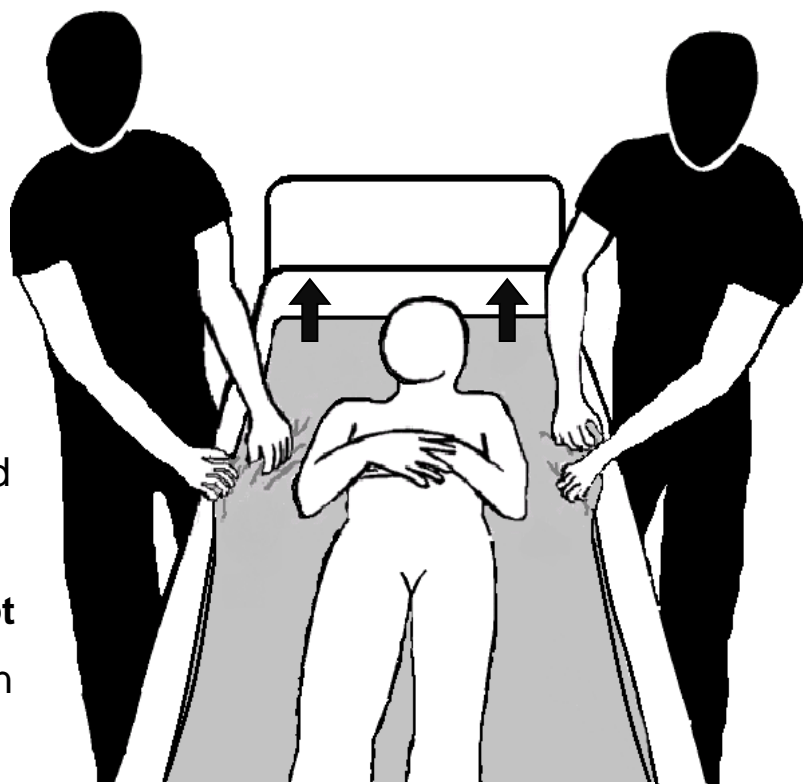


- 2 Carers stand at 45° angle, facing towards the far end of the bed, with one foot in front of the other.



- 3 Carers to grasp top sheet with both hands.

- 4 One carer to co-ordinate movement with command such as “ready, steady, slide”. Carers to transfer weight from the front to back foot. Carers hands to remain on bed throughout movement. Keep movements small, do **not** be tempted to move the person up the bed in one movement. Repeat until desired position is achieved.



- N.B.**
- If bed side rails are in situ, lower prior to rolling person on bed.
 - Ensure bed is at appropriate height for carers.