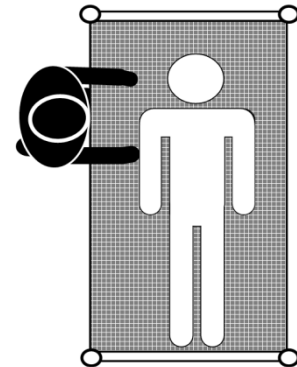
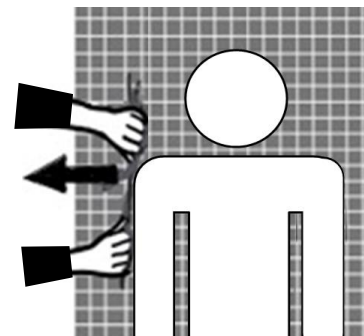


1

Carer to stand at shoulder position with one foot in front of the other.

**2**

Carer to grasp top sheet near persons shoulder.

**3**

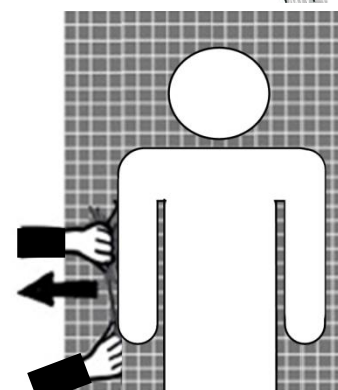
Carer to transfer weight from the front to back foot.

Hands to remain on bed throughout movement.

Keep movements small, do **not** be tempted to move the person across the bed in one movement.

**4**

Carer to move further down the bed, and repeat process at hips, and feet until desired position is achieved.



- N.B.**
- If bed side rails are in situ, lower prior to rolling person on bed.
 - Bed side rails to be lowered prior to re-positioning on bed.
 - Tuck top sheet under mattress after positioning.
 - Technique can also be used with 2-Way bed system.