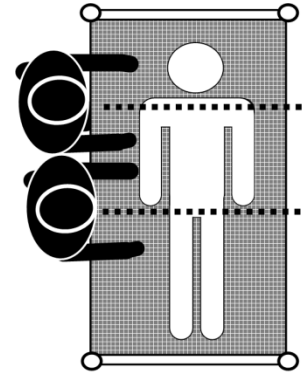


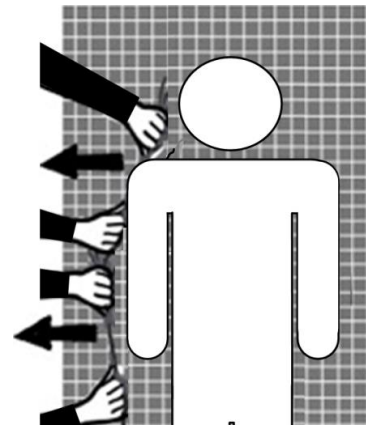
1

Carers to stand at shoulder and hip position with one foot in front of the other.



2

Carers to grasp top sheet.



3

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 across the bed in one movement.



- N.B.**
- If bed side rails are in situ, lower prior to rolling person on bed.
  - Ensure bed is at appropriate height for carers.
  - Tuck top sheet under mattress after positioning.
  - Technique can also be used with 2-Way bed system.