

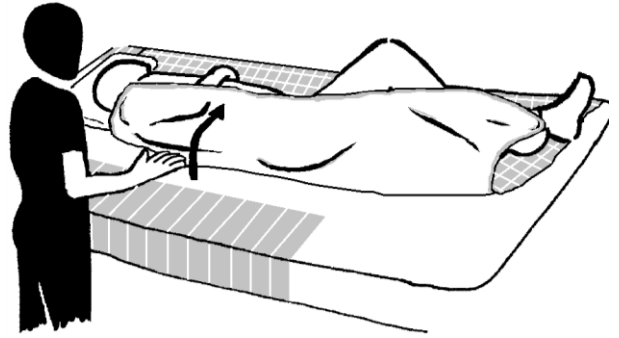
# ROLLING ON BED

## 4-WAY BED SYSTEM

### 2 CARERS

1

Person to be moved across the bed as per guidance sheet B14.

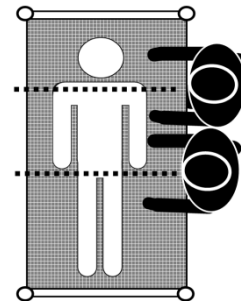


2

Carer to place top sheet over person, ensuring fabric is **not** covering persons head.

3

Carers to move to opposite side of the bed.



4

Carers to grasp top sheet near person's shoulders and hips



5

One carer to co-ordinate movement with command such as "Ready, steady, Roll". Carers to transfer weight from the front to back foot, to achieve roll.



6

Carer to lay top sheet back on bed. Person to maintain side lying position.

N.B.

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