

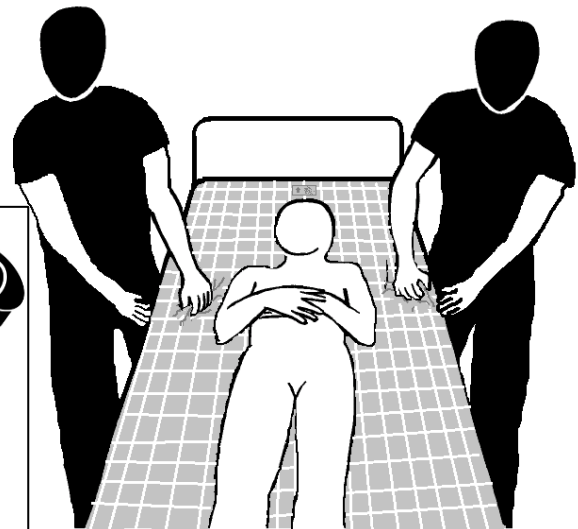
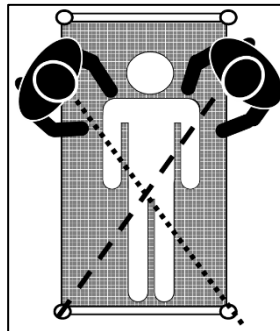
MOVING UP THE BED

4-WAY BED SYSTEM

2 CARERS

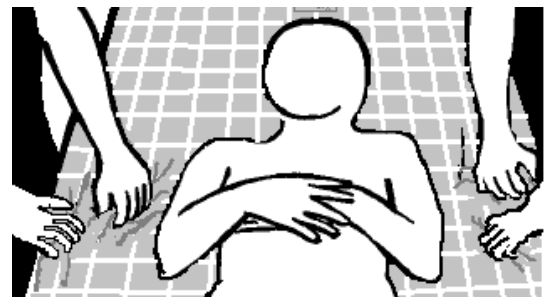
1

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



2

Carers to grasp top sheet with both hands.



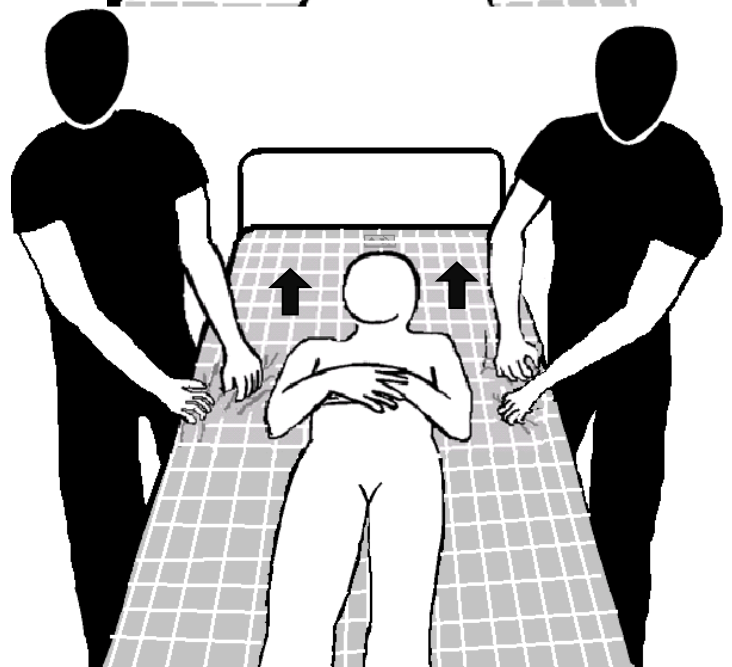
3

One carer to co-ordinate with command such as “ready, steady, slide”.

Carers to transfer weight from front to back foot.

Carers hands to remain on bed throughout movement.

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



Repeat until desired position is achieved.

- 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.