

MOVING UP THE BED

B24

SLIDE SHEET

1 CARER

1

Carer to fit slide sheet underneath person.
Refer to Moving and Handling Care Plan for technique.



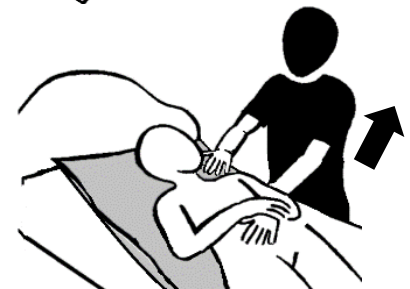
2

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



3

Carer to grasp top sheet near person's shoulder.
Carer to transfer weight from to back foot.
Hands to remain on bed throughout movement. Keep movements small. Do **not** be tempted to move the person up the bed in one movement.



4

Carer to move to opposite side of bed and repeat process until person has been moved up the bed.



5

If required, Carer to move to persons hips and knees and repeat process to ensure that person is lying straight.



6

Carer to remove slide sheet; grasping the bottom sheet, and pulling it inside out.

N.B.

- If bed side rails are in situ, ensure that they are lowered on side of carer, opposite side maybe raised to provide reassurance.
- Ensure bed is at appropriate height for carer.