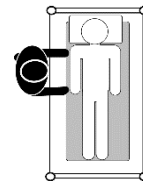


- 1** Carer to fit slide sheet underneath person.
Refer to Moving and Handling Care Plan for technique.



- 2** Carer to stand at shoulder and hip position with one foot in front of the other.



- 3** Carer to grasp top sheet.
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 across the bed in one movement.



- 4** Carer to move near persons hips and knees and repeat process to ensure that person is lying straight.



- 5** 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.