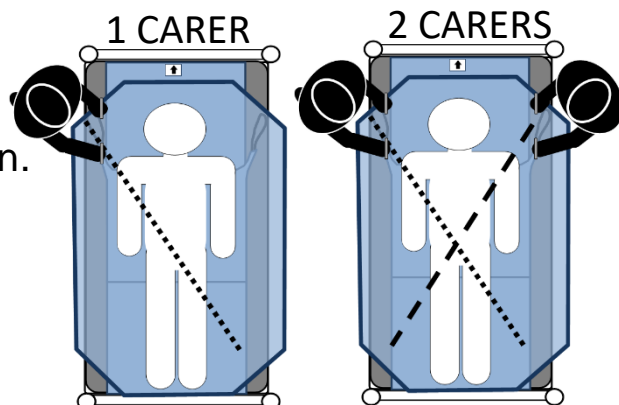


**1**

Carer to raise 'curtain' (middle section of base sheet) as per guidance sheet B27.

**2**

Carer to stand at shoulder position.  
Carer to lift top sheet and grasp handles of top sheet.



**3**

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

Carer to transfer weight front to back foot. Hands to remain on bed throughout movement.

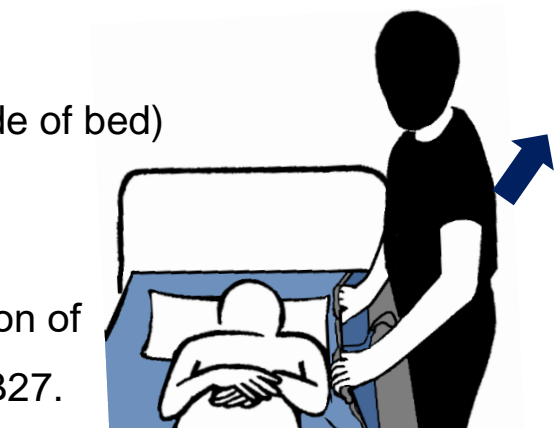
Keep movements small, do **not** be tempted to move the person in one



**4**

Carer to repeat this process until person has been moved up the bed.

If 1 Carer; moving to the opposite side of bed)



**5**

After desired positioning is reached.  
Carer to lower 'curtain' (middle section of base sheet) as per guidance sheet B27.

- N.B.**
- Bed side rails to be lowered prior to re-positioning on bed.
  - Ensure bed is at appropriate height for carer.