

MOVING ACROSS THE BED

B32

SLIDE SHEET

2 CARERS

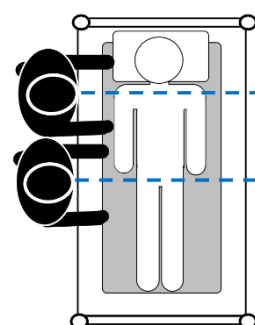
1

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



2

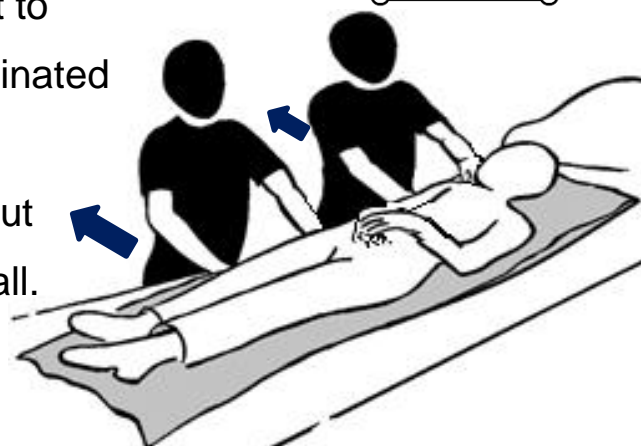
Carers to stand at shoulder and hip positions with one foot in front of the other.



3

Carer to grasp top of slide sheet.
Carer to transfer weight from front to back foot. Movement to be co-ordinated between the carers.

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 remove slide sheet, grasping the bottom of the sheet, and pulling it inside out.



- N.B.**
- If bed side rails are in situ, ensure that they are lowered.
 - Ensure bed is at appropriate height for carer.