

# How to move and position a person in bed

A good way to move a person in the bed is to use slide sheets.



Do not move someone with slide sheets without prior education from a health professional. This step-by-step guide is only to be used if there are 2 people to help.

## To get ready

1

You need:

- Slide sheets x 2
- Pillows



## To put slide sheets under the person

2

Lift and bend the leg and roll person onto their side

- ★ Roll to the side that is most comfortable for the person



3

Hold and line up slide sheets against each other



4

Place slide sheets lengthways next to the person



5

Bunch slide sheets up and tuck half under the person



6

Roll person onto their back



7

Support the person and pull slide sheets out from other side



8

Gently lower the person



To move the person

9

Use the top slide sheet to move the person as needed



To remove slide sheets

10

Bend leg and roll person onto their side



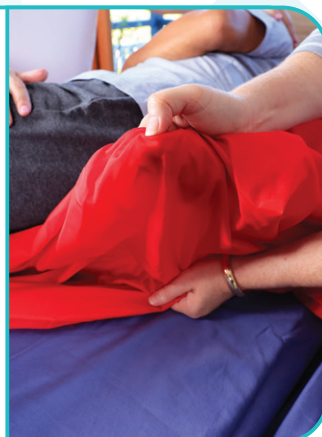
11

Pull out bottom slide sheet by pulling it under itself starting from the feet and working towards the head



12

Pull out remaining slide sheet with same method



To make the person comfortable

13

Use pillows to put the person in a comfortable position



If you need help

Service name: .....

T: .....