

BED MOBILITY

Getting someone into a bed

Rolling someone over in bed

Sitting someone up over the bed edge





BED MOBILITY

SAFETY TIPS

Safety Tips

- Encourage the person to assist where possible, e.g. to move their legs over the edge of the bed.
- Remember to bend your knees and maintain good posture when lifting the person's legs onto the bed.
- When a person gets up from lying down, it is recommended they move slowly to a sitting position and sit there for several minutes before standing. This allows their blood pressure and circulation to adjust, to help prevent falls and feeling faint.
- Use a slide sheet when manoeuvring a person on a bed.
- Look at the bed height and use a small step if the bed height is too high, or add blocks under each bed leg if it is too low. You can also cut bed legs down to achieve the correct height.

GETTING SOMEONE INTO A BED



Ensure the person's bottom and back of legs are touching the bed before they sit.

More support can be provided by having your hands on the person's trunk or pelvis.



Ensure the person is positioned so that their head will be on the pillow when they lie down.

ROLLING SOMEONE OVER IN BED



Ensure there is sufficient room to roll the person over. The person may have to move across the bed to make enough room. Where possible, stand on the side of the bed the person is being rolled to.

Bend the person's top leg.

Bring the person's top arm across their body.

Have the person look in the direction they are being rolled.

Roll the person by guiding their hip and shoulder over in the direction of the roll. The person can assist by pushing with their top bent leg.

Important—do not roll the person by pulling their top arm.



A slide sheet is another useful aid for moving a person in bed. This requires a different procedure.

For further information on how best to use a slide sheet, consult your health provider.

SITTING SOMEONE UP OVER THE EDGE OF THE BED



Roll the person onto their stronger side.
 Bring both legs over the bed edge.
 The person can push themselves up using their arms or you can assist them with one hand on their lower shoulder and the other hand on their uppermost hip to act as a pivot.
Important—do not pull the arm, just support it.



This is a guiding and steadying hold which can be used to assist the person when they are resting while their blood pressure is adjusting to the different position and preparing to stand (refer to page 13 *Helping someone to stand up*).
Do not grip the person's arm too tightly
 Always use a transfer sling (or transfer strap) if assistance is required.



Use of bed sticks, bed rails, ladders and triangles can assist in rolling and moving on a bed. These aids are more useful for people with good upper body strength and ability to grip, and their costs are relatively low.

Please consult your health provider for advice on how to use these aids correctly.

In many cases, if not used correctly, the aid may be a hazard.

