

Chapter 14: Body Mechanics

Moving the Client Up in Bed			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. a. Identify the client according to employer policy.			
b. Check the care plan for a description of the client's abilities or limitations.			
2. Obtain a turning pad or slider sheet, or as determined by your agency.			
3. Ask someone to help you.			
4. Explain the procedure to the client.			
5. Perform hand hygiene.			
6. Provide for privacy.			
7. Raise bed to a comfortable working height for this procedure. Make sure bed wheels are locked. Follow the care plan for bed rail use. Lower the head of the bed to a level appropriate for the client. It should be as flat as possible.*			
Procedure	S	U	Comments
8. You and your helper should stand on the left and right sides of the bed. Lower one of the bed rails. You and your helper should communicate directions throughout the procedure.			
9. Roll the client to one side (see the procedure Log-Rolling the Client) so that the client is facing the bed rail that is up.			
10. The worker on the side facing the client should hold and support the client. Ensure that the client is in proper body alignment and safely positioned. Some clients feel better if they can hold			

on to the bed rail; if this is the case, keep the bed rail up.		
11. The other support worker should fan-fold a slider sheet or turning pad and place it behind the client from the back of the head to below the thighs. The fan-folded slider sheet or turning pad should be tucked as close to the client's body as possible. Ensure the client's skin is protected at all times.		
12. Inform the client that they will be rolling over a "bump" in the bed. Assist the client to log-roll over to the opposite side. Place the bed rail facing the client in the "up" position to allow the client to grasp it.		
13. Lower the bed rail on the opposite side, grasp the turning pad or slider sheet and straighten it out.		
14. Assist the client to log-roll onto the back. Lower the raised bed rail.		
15. Grasp the handles of the slider sheet or roll the sides of the turning pad up close to the client. Note: If it is more comfortable for both you and the client, place your knee closest to the client's head on the bed.		
16. Ensure that the client's head is supported.		
17. Place the client's pillow against the headboard if the client can do without the pillow.		
18. Move the client up in bed on the count of three. The workers should shift their weight from the rear leg to the front leg.		
19. Unroll the turning pad.		
20. Provide for safety and comfort. Position the client in good body alignment according to the care plan. Straighten linens.		

21. If the client is lying in a hospital bed, the easiest and safest method to raise the client's head and shoulders is to raise the head of the bed. Use the electronic control to raise the head of the bed.			
Post-Procedure	S	U	Comments
22. Put the pillow under the client's head and shoulders. Tidy up the bed linens. Place the call bell within reach.*			
23. Provide for safety and comfort. Check again that the client is positioned in good body alignment.			
24. Return the bed to the lowest height position, if it was moved. Follow the care plan for bed rail use.*			
25. Remove privacy measures.			
26. Perform hand hygiene.			
Report and record your actions and observations according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			