

Chapter 14: Body Mechanics

Moving the Client from a Bed to a Stretcher			
		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. Ask two co-workers to help you.			
3. Explain the procedure to the client.			
4. Collect the following supplies:			
<input type="checkbox"/> Stretcher covered with a sheet			
<input type="checkbox"/> Sheet			
<input type="checkbox"/> Slider board			
<input type="checkbox"/> Pillow(s), if needed			
5. Perform hand hygiene.			
6. Provide for privacy.			
Procedure	S	U	Comments
7. Raise the bed to a height equal to the height of the stretcher.			
8. You and your co-workers should position yourselves properly. Two workers stand on the side of the bed where the stretcher will be. The third worker stands on the other side of the bed. You and your helpers should communicate directions throughout the procedure.			
9. Cover the client with a sheet.			
10. Fan-fold top linens to the foot of the bed.			
11. Lower the head of bed so that it is as flat as possible.			
12. Lower bed rails, if used.			

13. Being careful to secure the client's safety, log-roll the client onto one side. Place the slider board underneath the client, from the head to the legs, between the bed and the bottom sheet. Do not place the slider board directly next to the client's skin.			
14. Log-roll the client onto the back. Position the client in good body alignment. Place the pillow under the client's head, and ensure that the client is comfortable. The top sheet may remain on the client, if the client so desires.			
15. Ask your co-workers to help move the client to the side of the bed by grasping the handles of the slider board.			
16. Protect the client from falling, and have your co-workers position the stretcher next to the bed. They should stand behind the stretcher.			
17. Lock the bed and stretcher wheels.			
18. Roll up and grasp the slider board as shown in FIGURE 14.13. (<i>Note: To prevent back injuries to themselves, staff may have to kneel on the bed</i>).			
19. Transfer the client to the stretcher on the count of three by lifting and pulling the client. Make sure the client is centred on the stretcher.			
20. Place a pillow or pillows under the client's head and shoulders, if allowed.			
21. Provide for safety and comfort.			
22. Fasten safety straps. Raise the stretcher side rails.			
23. Unlock the stretcher's wheels. Transport the client.			
Post-Procedure	S	U	Comments
24. Perform hand hygiene.			
25. Reverse the procedure to return the client to bed.			

Report and Record your actions and observations, according to employer policy. Include the following:			
<input type="checkbox"/> The time of the transport			
<input type="checkbox"/> Where the person was transported			
<input type="checkbox"/> Who went with the client			
<input type="checkbox"/> How the transfer was tolerated			