

Chapter 14: Body Mechanics

| Moving the Client to the Side of the 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. Ask someone to help you if you need assistance. | | | |
| 3. Explain the procedure to the client. | | | |
| 4. Perform hand hygiene. | | | |
| 5. Provide for privacy. | | | |
| 6. Raise the bed to a comfortable working height. Make sure the 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. You and your helper should communicate directions throughout the procedure. | | | |
| Procedure | S | U | Comments |
| 7. Stand on the side of the bed to which you will move the client. | | | |
| 8. Lower the bed rail near you if it is up. | | | |
| 9. Stand with your feet about 30 cm (12 in.) apart and one foot in front of the other. Flex your knees. | | | |
| 10. Cross the client's arms over the chest. | | | |
| 11. Method 1: Moving the client without a helper (in segments) | | | |
| a. Place your arm under the client's neck and shoulders. | | | |
| b. Place your other arm under the middle of the client's back. | | | |

| | | | |
|--|----------|----------|-----------------|
| c. Rock backward and shift your weight to your rear leg. <i>Rocking slightly reduces the amount of energy that you would need to perform the procedure.</i> This moves the upper part of the client's body toward the edge of the bed (FIGURE 14.14, A). | | | |
| d. Place one arm under the client's waist and one under the thighs. | | | |
| e. Rock backward, moving the middle part of the client to the edge of the bed (FIGURE 14.14, B). | | | |
| f. Place one arm under the client's thighs and one under the calves. | | | |
| g. Rock backward, moving the client's legs to edge of the bed (FIGURE 14.14, C). | | | |
| h. Repeat steps <i>a</i> through <i>g</i> , as necessary. | | | |
| 12. Method 2: Moving the client with a turning pad | | | |
| a. Roll the turning pad up close to the client. Your helper does the same. | | | |
| b. Grasp the rolled-up turning pad near the client's shoulders and buttocks. Your helper does the same. Make sure you support the client's head. | | | |
| c. Rock backward on the count of three, moving the client toward you. Your helper rocks backward slightly and then forward toward you while keeping the arms straight. Repeat, if necessary. | | | |
| d. Unroll the turning pad. | | | |
| 13. Reposition the pillow under the client's head and shoulders. | | | |
| | | | |
| Post-Procedure | S | U | Comments |
| 14. Follow steps 14 through 18 in the procedure <i>Log-Rolling the Client</i> on p. | | | |

| | | | |
|---|--|--|--|
| 226. | | | |
| Report and Record your actions and observations, according to employer policy. | | | |