

J-RO EZ Rest: Supporting a Client in Side-Lying Safe Work Procedure

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Last Review Date:

Reviewed By:

Risk Factors: Physically supporting a client in a side-lying position while the client's personal cares are completed can cause injury to a worker's wrist, shoulders and back. Sometimes a client may also resist this position and begin to push back against the worker, which further increases risk of worker injury.

Client Considerations: If the client's body curvature makes it difficult to get the J-RO EZ Rest effectively in place, consider a turning sling or a repositioning sheet to hold the client in side-lying.

Number of Workers: 2 workers are needed to turn the client to a side-lying position.

Equipment Needed:

- Any equipment needed to safely turn the client (slider sheets or repositioning sling).
- J-RO EZ Rest – a wedge designed to keep a client comfortably lying on their side and eliminates the need for a worker to hold the client, reducing risk of worker injury.

Procedure:

1. Turn the client to a side-lying position

- Turn the client onto their side to at least a 90-degree angle with the bed using a safe turning technique.
- For optimal positioning, ensure the top leg of the client is crossed over their bottom leg.



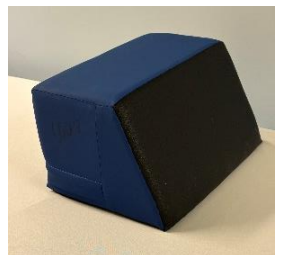
2. Remove any slippery surfaces out of the way

- If any bed repositioning sheets (slider sheets) are being used, drape them over the client's body to ensure the J-RO EZ Rest is not placed on top of them.
- Do not use the J-RO EZ Rest on a top or bottom slider sheet, as the wedge will not stay in place.



3. Position the J-RO EZ Rest

- The black sloped side is against the client's back and the black flat side is against the bed.
- Pull the material of the surface to ensure no wrinkles are under the J-RO EZ Rest, so that it will stay in place.
- Firmly push the sloped edge towards the client's back positioned between the client's shoulders and small of their back.
- Hold the J-RO EZ Rest in place until the client rolls back and places their full weight on it.
- Drape the top slider sheet and fitted slider sheet over the wedge (if present).





4. Perform client's personal cares

- With the J-RO EZ Rest holding the client in side-lying, one worker can perform cares.

5. Remove J-RO EZ Rest

- When finished with the client's cares, remove the J-RO EZ Rest.
- If slider sheets are on the bed, reposition the slider sheets appropriately on the bed.
- Gently roll the client onto their back.
- Position all side rails up on the bed.

