

## Powerful Posture: Turning using Slider Sheets



### **Steady Stance:**

Wide base of support with feet one in front of the other in a staggered stance.

Both workers positioned on the same side of the bed.

### **Neutral Spine:**

Ears, shoulders and hips are aligned.

### **Minimize Twisting:**

The face and feet are always pointed in the same direction.

### **Strong Grip:**

Palms up grip is used to hold the top slider sheet.

### **Keep the Load Close:**

Elbows are kept close to the trunk.

### **Bend at the Hips & Knees:**

Engage strong leg muscles. Backward/downward weight shift through the legs to initiate the turn. Pull the client toward the side of the bed, if needed.

### **Keep the Core Strong:**

Abdominal muscles are engaged.

### **Turn is Powered by the Legs:**

Straighten the knees and hips for a forward/upward movement to power the turn.