

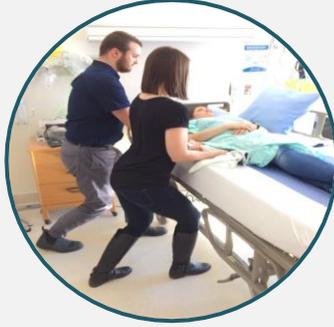
How to Turn a Patient Using Slider Sheets

Step 1



Put both bedrails up on side patient will be turned to. Position a pillow by the top rail near patient's head.

Step 2



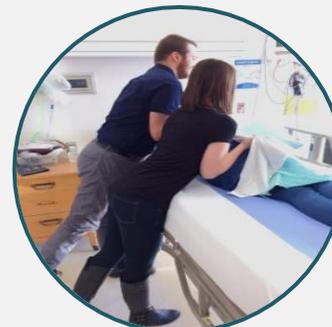
2 staff on same side of bed with height of bed adjusted appropriately. Use a stride stance with your knees bent. Palms up grip.

Step 3



Bend and straighten your legs to gain momentum. Count "1-2-3-turn." Pull the patient toward you first, then transition directly to step 4 in a fluid motion.

Step 4



Push up with your legs to power the turn. Lean forward by bending at the hips to stay close to the patient.

Step 5



Your elbows shouldn't have left your sides when the patient is turned to their side. This helps to protect your shoulders.