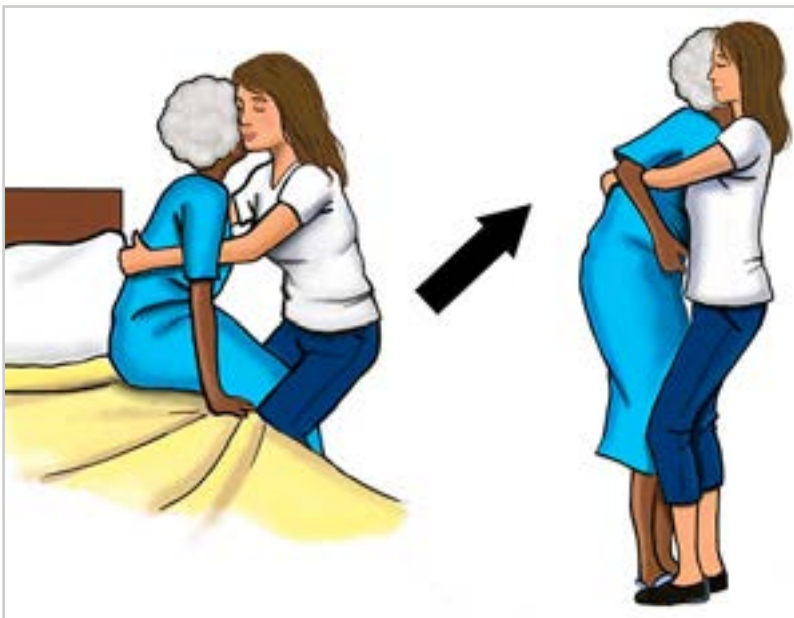


Safe Lifting Techniques

As a caregiver it is important to be mindful of how you lift your loved one so that it is safe for both them and you.

Patients will often need help repositioning themselves in bed. Repositioning a patient frequently can help prevent bedsores and ensure comfort. However, it's important to move a patient safely to keep oneself and the patient from getting injured. If possible, always raise the bed up to a height that allows you to keep your back straight when moving a patient.



To turn them on their side

Pull any blankets or sheets down to the foot of the bed. Put up the bedrails if the bed has them. If not, stand to the side of the bed you want the patient to turn to. With the patient lying on their back, have the patient bend their knees so the bottom of their feet are flat on the bed. Next, have the patient reach one arm across their body and hold on to the bed rail that they want to turn toward. If there is no bed rail, they can hold your hand. Using the bed rail or your hand for support, the patient should twist and pull themselves onto their side. Replace the sheets over them and position the pillow, so it is supporting their head. You can also place a pillow firmly behind their back and hips to help keep them from rolling back.



To slide them up in bed

Sometimes patients that are sitting up in bed slide down towards the foot of the bed and need help to slide back up. To do this, first check to see that there is a towel or sheet positioned behind their neck and back, with some sticking out on either side of them. Next, lower the head of the bed down so the entire mattress is flat and the patient is on his or her back. Pull any blankets or sheets down to the foot of the bed. Have the patient bend their knees and press the bottoms of their feet into the mattress. If there are 2 people available, have one stand at either side of the patient. Hold the towel underneath them, gripping the part near the neck and shoulders, and count to three. On three, have the patient press with their feet while you lift them slightly with the towel and slide them toward the head of the bed.



If only one person is available, slide one arm under the neck and shoulders and the other under the thighs. On the count of three, have the patient press with their feet while you lift them slightly and slide them toward the head of the bed. Reposition their pillow and cover them again with the sheets.

