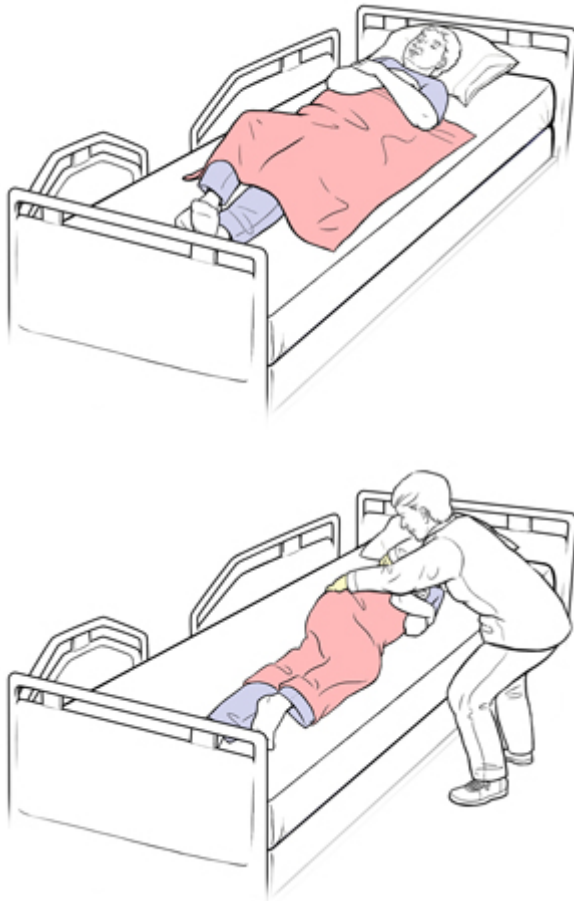


# Turning Patients in Bed



Usually, one or two people can turn a patient safely. This can be done with a drawsheet or slide sheet. Or, you can use a patient lift (if available), especially if the patient weighs over 200 pounds. The patient can sometimes help by pushing down with a heel. Start the turn with the patient on the side of the bed opposite the direction they will be rolling. Before you begin, explain to the patient what you will be doing and encourage them to help you if they can.



## Step 1. Prepare for turn and cross arms

- Put the bed rail and head of the bed down; adjust the level of the bed to waist- or hip-level so that you don't strain your back.
- Make the bed flat.
- Cross the patient's arms on their chest; bend the leg farther away from you.

## Step 2. Turn the patient

- Place one hand on the patient's shoulder and the other hand on the hip. Shift your weight back while gently pulling the shoulder and hip up and toward you to turn the patient on the side facing you.
- Pull the drawsheet or slide sheet toward you, moving the patient to one side of the bed.

- Make sure pillows or guardrails are up on other side of the bed.
- Pull up on sheet with an upward motion. This will cause the patient to roll in the opposite direction.

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