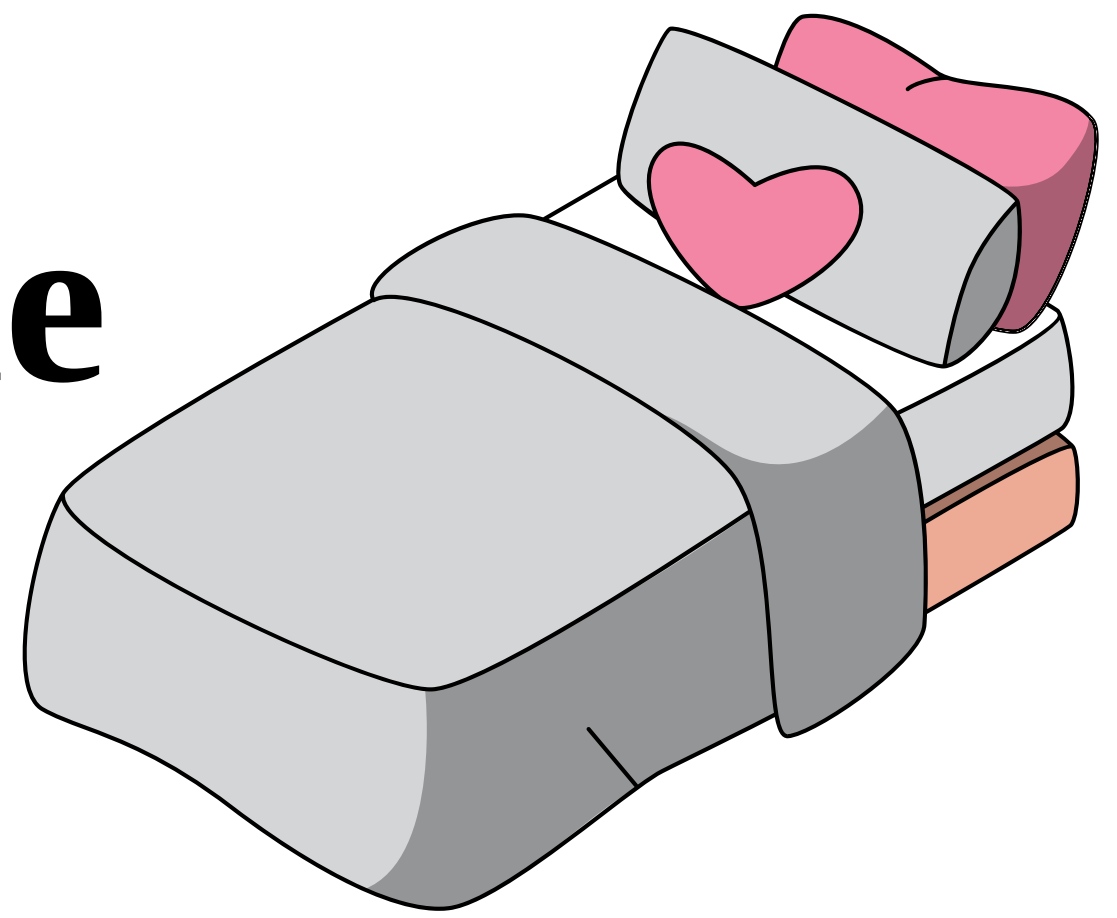


How to Help Someone Roll Over In Bed



Step-by-step

How to roll them over


If you need to roll the person towards you, bend the knee furthest away from you. If you need to roll them away from you, bend the knee closest to you.

- Place the arm on the side you are rolling away from on their chest and place their arm on the side they are rolling onto out in front of them, like this.
- Stand with your back straight, knees slightly bent and your feet apart about the same width as your shoulders. This will help make sure you do not get hurt.
- With one hand on the hip or knee of the person you are caring for and one hand behind their shoulder, gently roll them over onto their side.

How to reposition an individual in bed

Best done with two people

- Start with a towel/sheet/waterproof bed pad under their hips.
- Remove any pillows.
- Have one person on each side. Roll the fabric as close to the individual as possible. Use this fabric as a handle.
- Stand facing the bed. Bend your knee closest to the foot of the bed. Keep most of your weight on this leg.
- Have the other leg, closest to the head of the bed, stretched out a little.
- If possible, have the individual bend their knees with their feet flat on the bed.
- Countdown to 3.
- On the count of 3, slide the person up in bed. Use your body by shifting weight from one leg to the other.

 **It is essential to ensure the safety and comfort of the caregiver and the person receiving the care.**

If someone needs a lot of help, a hospital bed will make it safer and easier to help with care. You can access hospital bed rentals through your local Home and Community Care program or Health center.

How to help the individual sit up

- Start with them lying close to the edge of the bed.
- Stand facing the bed. Keep your back straight and knees slightly bent.
- Put one of their arms under their shoulder, and one hand on the knee furthest away from you.
- Countdown to 3.
- Lift slightly and push with the arm under their shoulders and pull and pivot with the hand on their knees.
- Let the person sit for a few moments to avoid dizziness.



Whenever you're helping someone in bed, try to keep the bed at your waist height. This will help prevent you from injuring yourself by ensuring you don't overreach.



For a more detailed tutorial, please scan the QR code.