Safe Patient Handling and Mobility

Bed Adjustment

Adjust the bed height to the optimal working level (range from elbow to hip of caregiver is best).

A properly adjusted bed improves body mechanics.
Bed Adjustment

- Adjust the bed height to the optimal working level, which is typically at the caregiver’s waist or slightly above (hip to elbow).
- Properly adjusting a resident’s bed before transferring, assisting, repositioning or providing care is a key element in maintaining proper body mechanics.

- Utilize the bed to help a resident sit up. With the resident lying in bed (supine position), raise the head of the bed all the way up. From this position, you can pivot the resident’s legs to the side.

Conduct a Successful Stand-Up Training Talk

Here are the RULES for a successful training session:

R
Recognize differences in participants’ backgrounds, knowledge and learning abilities.

U
Understand and communicate the training objectives.

L
Lead and allow participants to take an active role in their learning.

E
Experiences; tie in real-life examples and experiences relating to the concept.

S
Summarize takeaways from the meeting at the end of the session.