The Log Roll

- Utilize proper techniques to ease the log-rolling process.
- Explain to the resident who you are and what you are going to do.
- Adjust the height of the bed. The optimum working level is between the caregiver’s waist and elbows. With two caregivers of different heights, find the height that is best for both.
  - A bed that is too low may require a caregiver to bend over in an awkward position.
- Bend the resident’s leg opposite to the side you are turning them to.
- Ask the resident to assist in the procedure by reaching across their body (toward the side you are turning them to) and holding onto the bed rail.
- The caregiver on the side of the bed in which the resident is being rolled should place one hand on the resident’s hip and the other on the resident’s shoulder. The second caregiver can provide support and assistance.