



On Bed Mobilization - Two Slide Sheets, Two Caregivers



Raise bed to comfortable working level, roll patient onto side and place two slide sheets.



Slide sheets should be placed one on top of the other and under the patient from head to toe.



Caregivers move to the head of the bed. It may be necessary to raise the side rails at the foot of the bed for patient safety.



Place pillow at the head of bed, grip the top slide sheet and roll close to the patient's shoulder.



Caregivers look across bed in opposite direction, count to three and shift bodyweight back to transfer patient up in the bed.



If the patient is able to tolerate, Trendelenburg may also be used for boosting with slide sheets.

