



On Bed Mobilization: Turn Onto Side and Remove Slide Sheets - Two Slide Sheets, Two Caregivers



With patient centered on bed on 2 slide sheets, position patient for PAL roll.



One caregiver supports crossed arms and bent knee while second caregiver grips the top slide sheet near the patient's shoulder and hip.



Count to three and shift body back to turn patient onto side and keep centered in bed.



To remove slide sheets, push slide sheets under patient from front to back, starting at the head and working down to the feet.



Hand the top slide sheet over the patient to the caregiver standing on the opposite side of the bed. Remove the bottom slide sheet, starting at the patient's feet and pull under and away from the skin, toward the head of the bed.



While the top slide sheet is still being supported, pull under and away from the skin, starting at the feet and moving toward the head of the bed.

