



Abile to follow commands/
Able to assist with weight
shifting

On Bed Mobilization - One Slide Sheet, One Caregiver



Flatten bed and adjust height.
Instruct the patient to roll
onto side.



Fold a single slide sheet in half
and tuck under the patient with the
folded crease at bottom and
open flap at ears.



Instruct patient to roll in opposite
direction and pull slide
sheet through.



Support patient's feet and instruct
patient to push to head of bed.



Assist patient with further turning
and positioning using the top flap
of the folded slide sheet.



Once done, remove the slide sheet.
Remember, we never leave slide sheets
under an unattended patient.

