

# 5d: Positioning a person on their side from supine

© 2019 Clinical Skills Limited. All rights reserved

**Remember:**

- All carers must be trained and competent
- Check the moving and handling plan
- Complete checks on equipment
- Obtain consent from the person to be moved
- Perform hand hygiene
- Use personal protective equipment where required
- Communicate a clear explanation to the person to be moved
- Maintain the person's privacy and dignity
- Agree commands with assisting carers: e.g., "Ready, steady, move"
- Leave the person safe on completion of the task
- Clean and tidy away any equipment used

This section shows how to position someone who is lying on their back in bed on their side, and leave them safely in the centre of the bed. This technique may be used on a person who is unable to assist with the move. The slide sheets enable the carers to position the person to one side of the bed, and assist the person to turn onto their side in the centre of the bed.

If the person is able to assist with the move, the assessment may indicate that only one carer is required. In this case, the carer should keep the safety rail raised on the opposite side of the bed from the side they are working on.

Once the person is in the correct position for the profiling function of the bed, remove the slide sheet(s) (see section 5b). It is important for the person to be in the correct position, so that the bed provides adequate support.

After the manoeuvre, make the person comfortable, raise or lower the safety rails according to the person's falls assessment and local policy, and adjust the bed to its lowest height before leaving the bedside.

## Slide the person to the side of the bed



Position the slide sheet(s) as shown in section 5b. Before turning the person onto one side, adopt a walking stance with your feet comfortably apart. On the command, "Ready, Steady, Slide", one carer holds the top layer of the sheet by the person's shoulder and hip, then slides the person closer to the edge, while the second carer pushes the person gently from the opposite side.

## Prepare to roll the person



Ask the person to turn their head towards the centre of the bed, then to raise the knee that is closest to the side of the bed and place the arm on that side onto their chest or abdomen.

## Roll the person onto their side



The carer who will be behind the person after the turn is complete assists the move by pulling on the top layer of the slide sheet, raising it slightly to facilitate the person in rolling onto their side.

**Do not undertake or attempt any procedure unless you are, or have supervision from, a properly trained, experienced and competent person. Always first explain the procedure to the person and obtain their consent, in line with the policies of your employer or educational institution.**