

Chapter 25

USING BODY MECHANICS

PROCEDURE FOR MOVING A CLIENT TO THE HEAD OF THE BED:

1. Wash your hands.
2. Explain what you are going to do.
3. Provide privacy.
4. If the client uses a hospital bed, raise the bed to a comfortable working height; lock the wheels on bed.
5. Lower the head of the bed. If side rails are used; lower the side rail on the side where you are working.
6. If the client has any tubing coming from his body and it is pinned to the bedding, unfasten the tubing so that it will move freely with the client.
7. Move the pillow to headboard so client does not hit his head when moving up.
8. Stand facing the head of the bed with your feet shoulder width (18 inches) apart and your knees slightly bent.
9. Slip one arm under the client's shoulders and the other under his thighs. Instruct the client to bend his knees and place his feet flat against the mattress. The client will push with his feet to assist with moving up in the bed.
10. Point your feet in the direction you are moving the client; bend your knees, keep your back straight.
11. On the count of three, assist the client to move toward the head of the bed while shifting weight from your back foot to your front foot. Several small moves may be made rather than one large move to reach the head of the bed.
12. Replace the pillow.
13. Adjust the backrest for comfort.
14. If necessary, lower the bed to a safe position; raise the side rails as ordered per the service plan.
15. Make the client comfortable. Fasten tubing if unpinned while moving client; adjust bedding.
16. Wash your hands.