



PRO VITA
CARE MANAGEMENT

OH&S

MSI Prevention

Performing a Bed Boost



Trainer's Guide to Performing a Bed Boost

Supplies Needed:

- 2 or 3 volunteers
- Bed

Time required for session: 10 minutes

The following are the instructions for "CONFIRM" Training:

Step 1 – Have volunteers get into position:

1 role playing as resident to be moved

1 or 2 as staff members to complete the resident move

Step 2 – Walk through the 5 steps, demonstrate during role play

The Key Point of this training is:

- Performing tasks properly to reduce injuries

Bed Boost – Head of Bed Knee Method

Task requirements:

- Use a slider sheet.
- Use two caregivers.
- Use mechanical lift if determined on care plan.

CONFIRM the safety of both you and your residents.

1. **Communicate with the resident and your partner**
 - Appoint a leader and agree on counting.
2. **Orient Equipment and Resident**
 - Lower the head of the bed slightly, if medically appropriate.
 - If clutter in the way, move the bed away from the wall and furniture.
 - Bend resident's knees, teepee their knees or place friction-reducing device under their legs.
 - Cross arms over their chest.
 - Ask resident to lift their head or hold the pillow together with the slider sheet.
3. **Neutral Spine**
4. **Foundation**
 - Assume a staggered stance with one foot in front of the other.
 - Place inside knee on the bed at the level of the resident's ears or further back toward the top of their head.
5. **Arms In**
 - Grasp the slider sheet at the resident's shoulder, palms up, and elbows in close. Keep wrists straight.
6. **Re-evaluate positions before moving**

The Resident

 - Do you need an extra sliding sheet for this resident?
 - Can the resident help?
 - Are they ready?

The Environment

 - Do you have the supplies that you need?

Yourself

 - Are you ready?
7. **Move your legs by shifting weight**
 - Weight shift your hips back while sitting down on your leg, keeping your arms beside your torso.



Bed Boost – Head of Bed Standing Method

Task requirements:

- Use a slider sheet.
- Use two caregivers.
- Use mechanical lift if determined on care plan.

CONFIRM the safety of both you and your residents.

1. **Communicate with the resident and your partner**
 - Ask resident to lift their head or hold the pillow together with the slider sheet.
2. **Orient Equipment and Resident**
 - Lower the head of the bed, if medically appropriate.
 - If there is clutter in the way, move the bed away from the wall and furniture.
 - Bend resident's knees, teepee their knees or place friction-reducing device under their legs.
 - Cross arms over their chest.
3. **Neutral Spine**
4. **Foundation**
 - Keep feet one in front of the other, and shift your weight from front to back.
5. **Arms In**
 - Grasp the slider sheet at the resident's shoulder, point elbow
6. **Re-evaluate positions before moving**
 - The Resident**
 - Do you need an extra sliding sheet for this resident?
 - Can the resident help?
 - Are they ready?
 - The Environment**
 - Do you have the supplies that you need?
 - Yourself**
 - Are you ready?
7. **Move your legs by shifting weight**
 - Weight shift from your front to back leg/foot keeping your arms beside your torso.



Bed Boost – Side of Bed Method

Task requirements:

- Use a slider sheet.
- Use two caregivers.
- Use mechanical lift if determined on care plan.

CONFIRM the safety of both you and your residents.

1. **C**ommunicate with the resident and your partner

- Appoint a leader and agree on counting.

2. **O**rient Equipment and Resident

- Lower the head of the bed, if medically appropriate.
- Bend resident's knees, teepee their knees or place friction-reducing device under their legs.
- Cross arms over their chest.
- Ask resident to lift their head or hold the pillow together with the slider sheet.

3. **N**eutral Spine

4. **F**oundation

- Assume a side-by-side stance with feet shoulder width apart and feet pointing out at a 45° angle.

5. **A**rms **I**n

- Grasp the slider sheet at the resident's shoulder and hips, palms up.

6. **R**e-evaluate positions before moving

The Resident

- Do you need an extra sliding sheet for this resident?
- Can the resident help?
- Are they ready?

The Environment

- Do you have the supplies that you need?

Yourself

- Are you ready?

7. **M**ove your legs by shifting weight

- Weight shift from your "footboard" foot to your "headboard" foot, keeping your arms close to your torso.

