



PRO VITA
CARE MANAGEMENT

OH&S

MSI Prevention

Turning a Resident



Trainer's Guide to Turning a Resident

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

Turning a Resident Away From You

Task requirements:

- Sliding sheet is mandatory

CONFIRM the safety of both you and your residents.

1. **C**ommunicate with the resident

- Communicate with your resident throughout the task.
- Ask resident to assist as much as possible i.e. help turn by pulling on the mattress/ bedrail.

2. **O**rient Equipment and Resident

- Lower bedrail on near side and raise on far side.
- Place supplies within easy reach.
- Place pillow between resident and railing to improve resident comfort and reduce anxiety.
- Bend one knee (knee closest to you) or cross the residents ankles.
- Cross arms over their chest.
- Have resident look in the direction of the turn

3. **N**eutral Spine

4. **F**oundation

- Have one foot forward, one foot back so you can weight shift in the direction of the turn.

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

- Grasp the slider sheet at the resident's shoulder and hip, palms up, and elbows in close.
- Keep wrists straight

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

- Shift weight up and forward from your back to front leg/foot rolling the resident as you move.
- Keep elbows in close to body.
- Turn the resident all the way onto their side, eliminating the need to hold the resident while performing resident care.
- Start with your palms up, but finish with your palms down on top of the resident.

1



2



3



4



Turning a Resident Towards You

Task requirements:

- It is preferable to turn a resident away from you (particularly in aggressive circumstances).
- Place a pillow on top of resident's crossed arms in situations where you are dealing with aggression.
- Set-up and weight shift similar to turning away except where noted

CONFIRM the safety of both you and your residents.

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

- Slide resident to side of the bed if necessary (refer to Siding Closer to the Edge technique).
- Bend knee of leg farthest away from you.

2. **O**rient Equipment and Resident

- Lower bedrail on near side and raise on far side.
- Place supplies within easy reach.
- Place pillow between resident and railing to improve resident comfort and reduce anxiety.
- Bend one knee (knee closest to you) or cross the residents ankles.
- Cross arms over their chest.
- Have resident look in the direction of the turn

3. **N**eutral Spine

4. **F**oundation

- Assume a staggered stance with feet hip width apart (or use knee on bed technique).

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

- Grasp the slider sheet at the resident's shoulder and hip, palms down, and elbows pointing down. Keep wrists straight.

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

- Shift weight from front to back leg/foot, as if you were sitting down.
- As the resident turns during the weight shift, drop the elbows, allowing greater control over the resident.
- To stabilize the resident, finish by standing upright.
- Be sure to turn the resident completely on their side to eliminate the need to hold the resident while performing resident care.



Turning a Resident – 2 Person Assist

Staff Facing Each Other

Task requirements:

- Use an overhead lift, if available.
- To reduce reaching and forward bending: one caregiver will initiate the turn using the turn away technique. When the resident is at the mid-point of the turn, the other caregiver will complete the turn using the turn towards technique. Second person is there as assistance.

CONFIRM the safety of both you and your residents

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

- Position yourselves one on each side of the bed.
- Ask resident to assist as much as possible i.e. help turn by pulling on the mattress/ bedrail.
- Identify leader and discuss any potential problems or concerns that might arise before, during and after the turn.

2. **O**rient Equipment and Resident

- Lower bedrails on both sides of the bed.
- Bend one knee (knee closest to you) or cross the residents ankles.
- Cross arms over their chest.
- Have resident look in the direction of the turn.

3. **N**eutral Spine

4. **F**oundation

- Have one foot forward, one foot back so you can weight shift in the direction of the turn.

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

Turn away from caregiver

- Grasp the slider sheet at the resident's shoulder and hip, palms up, and elbows in close. Keep wrists straight.

Turn towards caregiver

- Keep elbows in close and wrist straight in anticipation of receiving the resident during the turn.

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

Turn away from caregiver

- Shift weight up and forward from your back to front leg/foot rolling the resident away from you as you move.

Turn towards caregiver

- Once the resident has reached the top of the turn, shift weight back and down from your front to back leg/foot rolling the resident towards you as you move.
- Keep elbows in close to body.
- Turn the resident all the way onto their side, eliminating the need to hold the resident while performing resident care.

***Note:** If the resident rolls back, grasp the slider sheet at the resident's hips and slide the resident slightly towards you.



Turning a Resident – 2 Person Assist

Staff Beside Each Other

Task requirements:

- Use an overhead lift, if available.
- Only use this procedure when:
 - An overhead lift is unavailable,
 - The resident is bariatric, or
 - Space is restricted and staff cannot be positioned across from each other.
- It is preferable to turn a resident away from you (particularly in aggressive circumstances).
- Place a pillow on top of resident's crossed arms in situations where you are dealing with aggression.

CONFIRM the safety of both you and your residents.

1. **Communicate with the resident and your partner**

- Ask resident to assist as much as possible i.e. help turn by pulling on the mattress/ bedrail.
- Identify leader and discuss any potential problems or concerns that might arise before, during and after the turn.

2. **Orient Equipment and Resident**

- Position yourselves both on one side of the bed.
- Lower bedrail on near side and raise on far side.
- Place pillow between resident and railing to improve resident comfort and reduce anxiety.
- Bend one knee (knee closest to you) or cross the resident's ankles.
- Cross arms over their chest.
- Have resident look in the direction of the turn.

3. **Neutral Spine**

4. **Foundation**

- Have one foot forward, one foot back so you can weight shift in the direction of the turn.

5. **Arms In**

- Position one person at resident's shoulders and other at resident's hips.
- Grasp the slider sheet at the resident's shoulder and hip, 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

- Shift weight up and forward from your back to front leg/foot rolling the resident as you move.
- Keep elbows in close to body.
- Turn the resident all the way onto their side, eliminating the need to hold the resident while performing resident care.
- Start with your palms up, but finish with your palms down on top of the resident.

***Note:** If the resident rolls back, grasp the slider sheet at the resident's hips and slide the resident slightly towards you.

