



PRO VITA  
CARE MANAGEMENT

# OH&S

MSI Prevention

Repositioning a Resident;

Lying Position

to a

Sitting Position

## **Trainer's Guide to Repositioning: Lie to Sit**

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*Supplies Needed:*

- 2 or 3 volunteers
- Bed

***Time required for session: 10 minutes***

***The following are the instructions for repositioning a resident; Lie to sit:***

**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 “CONFIRM”, demonstrate during role play**

**Step 3 – Have any staff that are not actively participating in the role play, guiding and coaching the staff that are role playing.**

**The Key Point of this training is:**

- Performing tasks properly to reduce injuries

# Two Person Assist

**CONFIRM the safety of both you and your residents.**

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

- Before beginning, discuss any potential problems or concerns that might arise before, during and after the reposition.
- Instruct resident to assist by pushing off the bed with their hand.

**2. Orient Equipment and Resident**

- Raise the head of the bed up as much as the resident will tolerate.
- If slider sheet on the bed, tuck under mattress for safety.
- Using turning technique assist the resident to roll onto their side.
- Once on their side, ensure their hips are about a hand length (approximately 1 foot) from the edge of the bed.
- Slide the resident's feet over the edge of the bed using a weight shift.

**3. Neutral Spine**

**4. Foundation**

- First person uses a staggered stance, with one foot in front and the other back,
- Second person uses a side-by-side foot stance, feet slightly turned out at 45°

**5. Arms In**

- First person grasp resident's calves
- Second person grasps resident's shoulders or place one hand on residents hip and the other under their shoulder

**6. Re-evaluate positions before moving**

***The Resident***

- Is the resident able to help him/herself?
- Does the resident understand the task, and are they ready?
- Can the resident be manually lifted?

***The Environment***

- Is the floor wet or dry?
- Do you have the appropriate supplies/equipment?
- Are there any obstacles?

***Yourself***

- Are you ready?
- Are you in a safe position?

**7. Move your legs by shifting weight**

***First person***

- This person leads and counts. Shift from front to back leg/foot bringing the residents legs over the side of the bed.

***Second person***

- As the first person swings the legs off the bed assist the resident to sit up by shifting your weight from your "headboard" foot to your "footboard" foot, keeping your elbows tucked in.

**Note:**

The second person should wait for the lead person to initiate the move to avoid unnecessary force.



Side View



Rear View

# One Person Assist

## Task requirements:

- Work with a partner as much as possible for this task.

## CONFIRM the safety of both you and your residents.

### 1. **C**ommunicate with the resident

- Instruct resident to assist by pushing off the bed with their hand.

### 2. **O**rient Equipment and Resident

- Raise the head of the bed up as much as the resident will tolerate.
- If slider sheet on the bed, tuck under mattress for safety.
- Using turning technique assist the resident to roll onto their side.
- Once on their side, ensure their hips are about a hand length (approximately 1 foot) from the edge of the bed.
- Slide the resident's feet over the edge of the bed using a weight shift.

### 3. **N**eutral Spine

### 4. **F**oundation

- Use a staggered stance, with one foot in front and the other back, feet slightly turned out at 45°

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

- One hand on the resident's shoulder
- Second hand on the resident's hip

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

#### *The Resident*

- Is the resident able to help him/herself?
- Does the resident understand the task, and are they ready?
- Can the resident be manually lifted?

#### *The Environment*

- Is the floor wet or dry?
- Do you have the appropriate supplies/equipment?
- Are there any obstacles?

#### *Yourself*

- Are you ready?
- Are you in a safe position?

## 7. Move your legs by shifting weight

- Shift your weight from your “headboard” foot to your “footboard” foot



Side View



Rear View