



# OH&S

MSI Prevention

Repositioning a Resident;

Sitting Position

to a

Lying Position

# Trainer's Guide to Repositioning: Sit to Lie

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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; Sit to lie:***

**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**

- If possible have the resident rest their feet up on the bed rail.

**2. Orient Equipment and Resident**

- Raise the head of the bed up as much as possible.

**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 - crouches/squats facing the resident and grasps their calves.
- Second person grasps the resident's shoulders.

**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?

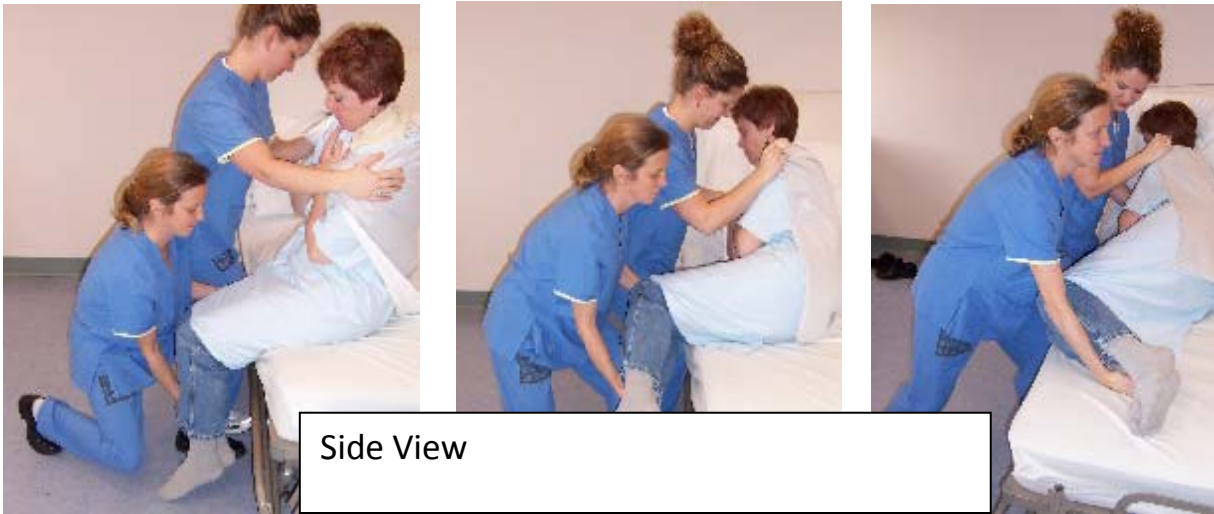
**7. Move your legs by shifting weight**

***First person***

- This person leads and counts. Shift from back to front leg/foot raising the resident's legs up over the side of the bed.

***Second person***

- As the first person swings the legs up onto the bed assist the resident to lie down by shifting your weight from your "footboard" foot to your "headboard" foot, while tipping the resident's shoulders back as their legs are moved up onto the bed.



## One Person Assist

### Task requirements:

- Work with a partner as much as possible.
1. **C**ommunicate with the resident
    - If possible have the resident rest their feet up on the bed rail.
    - Encourage the resident to lower themselves to the bed and bring their feet up onto the bed.
  2. **O**rient Equipment and Resident
    - Raise the head of the bed up as much as possible.

### 3. Neutral Spine

### 4. Foundation

- Use a side-by-side foot stance with feet slightly turned out at 45°.

### 5. Arms In

- Grasp the resident's shoulders.

### 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

- Weight shift from your “footboard” foot to your “headboard” foot while tipping the resident’s shoulders toward the bed.
- If their legs remain off the bed, reposition yourself at the resident’s feet.
- With a staggered stance weight shift from the back leg/foot to the front while moving their legs up onto the bed.

