



## 8a. Rolling a client on a bed - 1 worker

### How to use this form:

This procedure must be reviewed for appropriateness in the immediate workplace by the supervisor/manager in consultation with the staff doing the task.

### Staff contributing to the review of the procedure for the immediate workplace:

### Date:



Identified risks for this task	Risk controls
<ol style="list-style-type: none"> <li>1. Use of upper body strength to complete the task.</li> <li>2. Inappropriate height of bed.</li> <li>3. Bed moving during procedure.</li> <li>4. Worker not trained in manual handling principles and techniques which support the safe application of this procedure.</li> <li>5. Worker not trained/instructed in this safe work procedure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use lower body action to complete the tasks as specified in this safe work procedure.</li> <li>2. Adjust bed to safe working height as per this procedure.</li> <li>3. Apply brakes on bed. If not working, complete an OHS Hazard Report Form and/or maintenance request.</li> <li>4. Worker should receive training/instruction in the principles of manual handling to safely perform this task.</li> <li>5. Worker must receive appropriate on site training/instruction in this procedure prior to performing this task.</li> </ol>
<p><b>Ongoing review requirements</b></p> <ul style="list-style-type: none"> <li>• Review the relevance and currency of this procedure to the client as part of the client review process.</li> <li>• If an injury/incident occurs relating to this particular task.</li> <li>• If changes are made to the workplace that may affect implementation of this procedure.</li> </ul>	<p><b>Reviewed by:</b></p> <p><b>Reason for review:</b></p> <p><b>Review date:</b></p> <p><b>Manager's Signature:</b></p> <p><b>Date:</b></p>

Please turn over for Task Steps...



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### TASK STEPS

#### Preparation

1. Position bed to allow access for the Worker to one side of the bed. Access to both sides is preferred.
2. Brakes applied on bed, obstacles removed, bed rails lowered (if applicable).
3. Bed height adjusted to the worker's groin height.
4. Explain to the client what is going to happen and what you want them to do during the task.
5. Starting position of the client is lying on their back.

#### Doing the task

##### Positioning the Lower Limb of the Client for Rolling.

1. Move towards the foot end of the bed and position the lower limb.

##### Option 1

1. Cross the lower limb at the ankle towards the direction the client is to be rolled.

##### Option 2

1. Bend the knee of the leg on the side the client is to be rolled away from. Place the sole of their foot on the mattress.

##### Positioning the Upper Limb of the Client for Rolling.

1. Move towards the head/upper limb area of the client.
2. Position the upper limb on the side the client is to be rolled towards out from the side of their body on the bed.



Please turn over for Task Steps continued...

3. Position the upper limb on the side the client is to be rolled away from across the front of their body.
4. Ensure the client's head is supported.

### Rolling the Client towards the Worker

1. Worker positions themselves facing and close to the side of the bed, between the client's hip and shoulder.
2. Worker identifies which of the following techniques they will use when rolling the client (See the table following).
3. One hand positioned on the far hip, the second hand positioned on the far shoulder girdle.
4. Using one of the following techniques, roll the client towards you ensuring the action is in the lower body (See the table following).
5. Client is in a side lying position facing towards the worker.



### Rolling the Client away from the Worker

1. Worker positions themselves facing and close to the side of the bed, between the client's hip and shoulder.
2. Worker identifies which of the following techniques they will use when rolling the client. (See the table following).
3. One hand positioned on the near hip, the second hand positioned on the near shoulder girdle.
4. Using one of the following rolling techniques, roll the client away from you ensuring the action is in the lower body (See the table following).
5. Client is in a side lying position facing away from the worker.



### Note:

The use of slide sheets can assist with this task see procedure for: (9d Rolling a client in bed using a slide sheet – 1 Worker) and (9g Slide Sheets Moving up the Bed and Rolling – 2 Workers).

Please turn over for Task Steps continued...

**Concluding task: 1.**

Raise or position bed rails (if required)

Techniques	Rolling Client towards Worker	Rolling Client away from Worker
<p>Forward/Backward Lunge</p> 	<ol style="list-style-type: none"> <li>1. Worker assumes a forward/backward lunge position maintain the three natural curves of the spine – Soften (the knees), Sink (at the hips) and Stabilise (pelvic floor and lower abdominals) facing the side of the bed.</li> <li>2. The Worker’s weight is in the front foot (foot closest to the bed).</li> <li>3. The Worker transfers their weight using a forward/backward lunge from their front foot to their back foot as the client is rolled towards the worker.</li> <li>4. Keep the elbows close to the body, shoulders relaxed and action in the lower body.</li> </ol>	<ol style="list-style-type: none"> <li>1. Worker assumes a forward/backward lunge position (Soften, Sink, Stabilise) facing towards the side of the bed.</li> <li>2. The Worker’s weight is in their back foot (foot further away from the bed).</li> <li>3. The Worker transfers their weight from their back foot to their front foot as the client is rolled away from worker.</li> <li>4. Keep the elbows close to the body, shoulders relaxed and action in the lower body.</li> </ol> 
<p>Semi squat</p> 	<ol style="list-style-type: none"> <li>1. Worker soften, sinks and stabilises into a high squat semi squat posture.</li> <li>2. Worker moves from a high squat to a low squat position.</li> <li>3. Keep the elbows close to the body, shoulders relaxed and action in the lower body.</li> </ol>	<ol style="list-style-type: none"> <li>1. Worker assumes a semi squat position standing parallel to the side of the bed.</li> <li>2. Worker softens, sinks and stabilises into a low semi squat posture</li> <li>3. Worker moves from a low squat to a high squat as the client is rolled away from worker.</li> <li>4. Keep the elbows close to the body, shoulders relaxed and action in the lower body.</li> </ol> 
<p>Sink/Pop</p> 	<ol style="list-style-type: none"> <li>1. Adjust the bed to mid-thigh height.</li> <li>2. Stand with a wide stance. Soften (the knees), Sink (at the hips) and Stabilise (the pelvic floor and lower abdominals) into a deep squat.</li> <li>3. As you stand up, push your hips towards the side of the bed, at the same time pulling your arms towards your body so the client rolls towards you.</li> <li>4. Keep the elbows close to the body, shoulders relaxed and action in the lower body.</li> </ol> <p><i>Acknowledgement to Lynn-Varcin-Coad for Sink/Pop</i></p>	<p>Not able to use this technique for rolling clients away from the worker.</p>