



## RESIDENT POSITIONING IN BED

HANDBOOK PAGES: 85-90

There are several positions and techniques shown in the Long Term Care and Hospital DVD. It is important to **modify these techniques** to any particular policies your facility may have in regards to resident positioning.

We all know and appreciate that the goal of positioning is to find a position of comfort for our resident. But the most important element in positioning your resident as it relates to you is that you will find it easier to work over a bed with the **bed low** and a **knee up** as opposed to a bed high and at waist level. You will immediately feel the difference if you make a comparison. First work with the bed high, at waist level and both your feet on the floor. Then lower the bed and put your knee up to work. I think you will agree that the best position for the bed is low, knee up.