



BASIC BED WORK

HANDBOOK PAGES: 50-58

The most important single action you can take to ensure your safety while working with residents who are in bed is to **put your knee up on the bed.**

Putting your knee up moves you much **closer to the resident**, will **increase your strength** and **keep your back safe.** Keep your knee up when repositioning, doing patient cares, doing range of motion, sitting the resident up, dressing the resident and putting the transfer belt on the resident just to name a few.

If infection control is an issue, use a towel under your knee to keep pathogens from being disseminated.