



Tip: Repositioning Patients

Most injuries to employees at DUHS occur when repositioning patients.

Here is what you can do to prevent injuries...

Steps to repositioning if your patient weighs <300 lbs.:

1. Raise bed to just below waist level
2. Lower the head of bed
3. Maximally inflate the mattress, if able
4. Place two blue liners under patient
5. Instruct patient to assist by
6. Optional: If tolerated by patient, use head down (Trendelenberg) position
7. Store blue liners in a standard location for next use



Click [here](#) to watch a video on using blue liners to boost a patient in bed.

Steps to repositioning if your patient weighs >300 lbs.:

- A. Use MaxiSky ceiling lift, if available
- B. If MaxiSky is not available, use Hovermatt:
 1. Place Hovermatt under patient if not already present
 2. Raise bed to just below waist level
 3. Lower head of bed
 4. Inflate Hovermatt and reposition patient



Once repositioned and HOB is elevated for patient comfort, do the following to ensure patient does not slide down again:

1. Raise knees/end of bed
2. Place bed in slight head down (Trendelenberg) position



For more information on Safe Patient Handling and Mobility, ask your Duke MOVES Champion or visit www.safety.duke.edu/ergonomics/sphm