



## Clinical FAST FACTS

### Caregiver Safety

TURNING & REPOSITIONING

1

## BRING FRIENDS

There's safety in numbers!

A minimum of two caregivers is recommended to safely and effectively move a patient.

2

## SEEK HELP

Products are available to help with turning, boosting and repositioning. **Use them.**

The ATR+ Turning and Repositioning system reduces the effort required by staff to perform the task of manual turns. And it helps improve patient comfort and protection through proper sacral offloading.

The ComfortTop® ES pad absorbs moisture while the low friction repositioning sheet moves and boosts with 30% less effort. **Even the experts agree!**

*“Reposition the individual to relieve or redistribute pressure using manual handling techniques and equipment that reduce friction and shear.”*

– National Pressure Injury Advisory Panel

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## MOVE YOUR BODY

Proper body mechanics are important when turning and repositioning patients. Standing close to the patient, grasp the handles of the repositioning sheet near the patient's shoulder and hip area. Standing with one foot ahead of the other, shift your weight onto your front foot as you begin to pull the repositioning sheet toward you.

Finish by shifting your weight onto your back foot as you gently turn the patient. Take care to keep your back straight. **Let your legs do the work!**

4

## ADJUST

Before turning or repositioning a patient, adjust bed level to a comfortable height. (waist level when providing care; hip level when moving a patient.)

5

## ENGAGE

Coach your patient. Explain the actions you're about to perform and, if possible, show your patients how they can help move through the activity.