

Checklist: Demonstrate Proper Positioning/Turning/Alignment Techniques for a Person in Bed

Positioning a Patient in Supine Position	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Identify the patient using facility-approved identification procedures.	<input type="checkbox"/>	<input type="checkbox"/>
3. Explain the procedure to the patient and provide privacy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Raise the bed to a safe working height using proper body mechanics.	<input type="checkbox"/>	<input type="checkbox"/>
5. Lock the bed wheels before repositioning the patient.	<input type="checkbox"/>	<input type="checkbox"/>
6. Lower the head of the bed flat unless contraindicated by the patient's condition or provider orders.	<input type="checkbox"/>	<input type="checkbox"/>
7. Use a draw sheet if available to reduce friction and prevent skin injury.	<input type="checkbox"/>	<input type="checkbox"/>
8. Position the patient flat on the back with the head and spine in proper alignment.	<input type="checkbox"/>	<input type="checkbox"/>
9. Align the head, neck, shoulders, hips, and legs in a straight position.	<input type="checkbox"/>	<input type="checkbox"/>
10. Place a pillow under the patient's head and neck for support and comfort.	<input type="checkbox"/>	<input type="checkbox"/>
11. Position arms comfortably at the sides or supported with pillows if needed.	<input type="checkbox"/>	<input type="checkbox"/>
12. Place a small pillow or support under the knees if ordered or needed for comfort.	<input type="checkbox"/>	<input type="checkbox"/>
13. Ensure heels are elevated or protected to reduce pressure injury risk.	<input type="checkbox"/>	<input type="checkbox"/>
14. Check that linens are smooth and free of wrinkles.	<input type="checkbox"/>	<input type="checkbox"/>
15. Lower the bed to the lowest safe position and raise side rails as appropriate.	<input type="checkbox"/>	<input type="checkbox"/>
16. Ensure the call light and personal items are within reach.	<input type="checkbox"/>	<input type="checkbox"/>
17. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
18. Document positioning and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>

Positioning a Patient in Lateral Position (Side-Lying)	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Identify the patient and explain the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
3. Provide privacy and lock the bed wheels.	<input type="checkbox"/>	<input type="checkbox"/>
4. Raise the bed to a safe working height.	<input type="checkbox"/>	<input type="checkbox"/>
5. Use a draw sheet to assist with repositioning when needed.	<input type="checkbox"/>	<input type="checkbox"/>
6. Move the patient toward the side of the bed opposite the direction they will face.	<input type="checkbox"/>	<input type="checkbox"/>
7. Cross the patient's far arm over the chest and position the far leg over the near leg if needed.	<input type="checkbox"/>	<input type="checkbox"/>
8. Support the patient while gently turning onto the side using proper body mechanics.	<input type="checkbox"/>	<input type="checkbox"/>
9. Align the head, neck, spine, and hips in proper body alignment.	<input type="checkbox"/>	<input type="checkbox"/>
10. Place a pillow under the head and neck for support.	<input type="checkbox"/>	<input type="checkbox"/>

11. Position the lower arm comfortably forward and avoid placing pressure directly on the shoulder.	<input type="checkbox"/>	<input type="checkbox"/>
12. Support the upper arm with a pillow.	<input type="checkbox"/>	<input type="checkbox"/>
13. Place a pillow behind the back to maintain the side-lying position.	<input type="checkbox"/>	<input type="checkbox"/>
14. Place a pillow between the knees and ankles to reduce pressure and maintain alignment.	<input type="checkbox"/>	<input type="checkbox"/>
15. Ensure the dependent ear and shoulder are not folded or compressed.	<input type="checkbox"/>	<input type="checkbox"/>
16. Check skin areas for redness or pressure points.	<input type="checkbox"/>	<input type="checkbox"/>
17. Lower the bed to the lowest safe position and ensure the call light is within reach.	<input type="checkbox"/>	<input type="checkbox"/>
18. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
19. Document positioning and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>

Positioning a Patient in Semi-Fowler's Position	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Identify the patient and explain the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
3. Provide privacy and lock the bed wheels.	<input type="checkbox"/>	<input type="checkbox"/>
4. Raise the head of the bed to approximately 30 to 45 degrees unless otherwise ordered.	<input type="checkbox"/>	<input type="checkbox"/>
5. Ensure the patient's head, neck, and spine remain in proper alignment.	<input type="checkbox"/>	<input type="checkbox"/>
6. Position the patient on the back with hips centered in the bed.	<input type="checkbox"/>	<input type="checkbox"/>
7. Place a pillow under the head and neck for support.	<input type="checkbox"/>	<input type="checkbox"/>
8. Support arms and hands with pillows if needed.	<input type="checkbox"/>	<input type="checkbox"/>
9. Place a pillow under the knees if appropriate for comfort and alignment.	<input type="checkbox"/>	<input type="checkbox"/>
10. Ensure the patient is not sliding downward in the bed. Reposition as necessary using a draw sheet.	<input type="checkbox"/>	<input type="checkbox"/>
11. Protect heels from pressure by elevating or cushioning as needed.	<input type="checkbox"/>	<input type="checkbox"/>
12. Smooth linens to prevent skin irritation or pressure injuries.	<input type="checkbox"/>	<input type="checkbox"/>
13. Lower the bed to the lowest safe position.	<input type="checkbox"/>	<input type="checkbox"/>
14. Ensure side rails are positioned appropriately and the call light is within reach.	<input type="checkbox"/>	<input type="checkbox"/>
15. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
16. Document positioning and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>

Positioning a Patient in Fowler's Position	Able to Perform	Unable to Perform
1. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
2. Identify the patient and explain the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
3. Provide privacy and lock the bed wheels.	<input type="checkbox"/>	<input type="checkbox"/>
4. Raise the head of the bed to approximately 60 to 90 degrees unless contraindicated.	<input type="checkbox"/>	<input type="checkbox"/>

5. Position the patient upright with the back supported by the bed.	<input type="checkbox"/>	<input type="checkbox"/>
6. Ensure the head, neck, shoulders, and hips are properly aligned.	<input type="checkbox"/>	<input type="checkbox"/>
7. Place pillows behind the lower back or arms as needed for support and comfort.	<input type="checkbox"/>	<input type="checkbox"/>
8. Position the patient's feet flat against the footboard or supported to prevent foot drop if appropriate.	<input type="checkbox"/>	<input type="checkbox"/>
9. Place a pillow under the knees if needed for comfort.	<input type="checkbox"/>	<input type="checkbox"/>
10. Ensure the patient is not sliding down in the bed and reposition using a draw sheet if necessary.	<input type="checkbox"/>	<input type="checkbox"/>
11. Check for pressure areas, especially at the sacrum, heels, and elbows.	<input type="checkbox"/>	<input type="checkbox"/>
12. Ensure linens are smooth and dry.	<input type="checkbox"/>	<input type="checkbox"/>
13. Lower the bed to the lowest safe position after positioning is complete.	<input type="checkbox"/>	<input type="checkbox"/>
14. Ensure the call light and personal items are within reach.	<input type="checkbox"/>	<input type="checkbox"/>
15. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
16. Document positioning and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>