

# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: \_\_\_\_\_

## Moving Resident Up in Bed - With and Without Turn Sheet - 5.02A

**This skill MUST BE TAUGHT.**  
*However, individual skill competence check is NOT required for this skill.*

**Equipment:** Turning sheet (drawsheet or full flat sheet folded in half or large fabric underpad)

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|--|---|
|  | 1. Request help from co-worker.   |
|  | 2. Knock before entering.   |
|  | 3. Greet and identify resident.   |
|  | 4. State your name and title.   |
|  | 5. Explain procedure and obtain permission.   |
|  | 6. Wash hands and provide privacy.  |
|  | 7. With co-worker at one side of bed, provide for resident safety and then raise bed to best level for body mechanics. Check that wheels are locked.  |
|  | 8. Lower bed to flat position.  |
|  | 9. Place pillow against headboard.  |
|  | 10. <b><u>Without Turning Sheet</u></b>   |
|  | <input type="checkbox"/> Person on either side of bed places one arm under shoulder and one arm under thigh.  |
|  | <input type="checkbox"/> Ask resident to help if able by flexing both knees, placing feet on bed and grasping headboard with hands.   |
|  | <input type="checkbox"/> Explain that on count of "3", resident should pull up with hands and push against bed with feet, as you and co-worker move resident up. This may take more than one attempt. |
|  | 11. <b><u>With Turning sheet</u></b>  |
|  | <input type="checkbox"/> Position turning sheet under resident, if not already in place.  |
|  | <input type="checkbox"/> Roll sides of turning sheet up close to resident and grasps sheet firmly at shoulder and buttocks.   |
|  | <input type="checkbox"/> Move up in bed on count of "3". Buttocks must clear mattress to avoid shearing.  |
|  | <input type="checkbox"/> Place pillow under head.   |
|  | <input type="checkbox"/> Provide for resident safety and lower bed.   |
|  | <input type="checkbox"/> Provide for comfort with call signal in reach.   |
|  | <input type="checkbox"/> Wash hands.  |
|  | <input type="checkbox"/> Record actions and report any abnormal observations to supervisor.   |