

# How to Pull a Patient Up in a Hospital Bed

**Important:** This handout is for informational purposes only and is not intended as a substitute for official clinical training. Consult with your physician about any physical limitations you may have before performing patient care. If you have any questions, please contact us by calling 336.889.8446.

## Instructions for **One** Person:

*Before you begin, be sure that a pad or draw sheet is under the patient.*

**Step 1:** Remove the pillow from behind the patient's head.

**Step 2:** Lower the head of the bed and raise the foot of the bed.

**Step 3:** Stand at the head of the bed.

**Step 4:** Take hold of the pad or draw sheet with both hands.

**Step 5:** Ask the patient to grab the head of the bed.

**Step 6:** If the patient is able, ask them to bend their legs and push from their heels on the "count of 3."

**Step 7:** Count "1, 2, 3." On 3, gently pull the pad or draw sheet to slide the patient toward the head of the bed.

**Step 8:** Return the head of the bed to the normal position.

**Step 9:** Leave the foot of the bed slightly elevated so the patient does not slide toward the foot of the bed.

**Step 10:** Return the pillow and position the patient for comfort.