

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 **Two** People:

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

Step 1: Lower the head of the bed and raise the foot of the bed.

Step 2: Place a pillow above the patient's head.

Step 3: Have a person stand on each side of the bed and take hold of the pad or draw sheet with both hands.

Step 4: Ask the patient to cross their arms to avoid elbow injuries and raise their head, if possible. If the patient is unable to lift their head, use one hand to support the patient's head and one hand to grasp the pad or draw sheet.

Step 5: Count "1, 2, 3." On 3, gently pull the pad or draw sheet to slide the patient toward the head of the bed.

Step 6: Return the head of the bed to the normal position.

Step 7: Leave the foot of the bed slightly elevated so the patient does not slide toward the foot of the bed.