

Fitting a Pillowcase

- Follow infection control procedures
- Wear appropriate protective equipment

- Ensure the bed is about knee height
- This allows you to protect your back
- Kneel/crouch at the side of the bed when removing or replacing bed coverings etc. to keep your spine in its natural S-shape
- Remove bed linen, pillowcase etc. by rolling them into a ball with the surface that has been in contact with the client inside the ball
- Do not put linen directly on the floor
- Soiled linen into red bag/s
- Is the mattress clean, if not, clean/replace it

- Fitting a clean pillowcase
 - Turn the pillowcase inside out
 - Put your hand inside the inside out pillowcase and hold the closed end at the centre
 - With your hand still inside the pillowcase, take hold of one end of the pillow (with the same hand that is inside the pillowcase)
 - With your other hand, feed the pillowcase along the pillow
 - Make sure the corners of the pillow are neatly inside the corners of the pillowcase

