

Fitting a Fitted Bottom Sheet

- 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 fitted sheet:
 - Fit the sheet at one top corner of the mattress
 - Fit the bottom corner on the same side
 - Fit the top corner on the opposite side
 - Fit the final corner at the bottom

