

## Fitting a Non-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 non-fitted bottom sheet:
  - Place the sheet centred from top to bottom along the top to bottom centre line of the bed (this will make it fit evenly)
  - Ensure the hems face down so as not to catch the person using the bed
  - Check, is there the same amount of sheet at the top and bottom of the bed to make it fit evenly?
  - Let the sheet hang over the mattress evenly on both sides
  - Starting at the top of the bed, face the bed and lift back the sheet corner facing you to make a triangle on the top of the bed
  - Tuck the remaining sheet under the mattress before hanging the “triangle” part back over the mattress and tucking it under the mattress thereby making a “hospital corner”
  - Work down the side of the bed tucking the sheet under the mattress
  - Repeat this on the opposite of the bed making sure the top and bottom ends are firmly tucked beneath the mattress, pulled tight so there are no uncomfortable wrinkles