

## Removing Bed Linen

- 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 coverings etc. to keep your spine in its natural S-shape
- Loosen the top, sides and bottom from under the mattress
- 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
- Place unsoiled linen into laundry bag/s
- Place soiled linen into red bag/s
  
- Is the mattress clean, if not, clean/replace it

