



Bed Transfer Instructions with Log Rolling

To get into your bed:

Step 1: Position yourself toward the top of the bed.



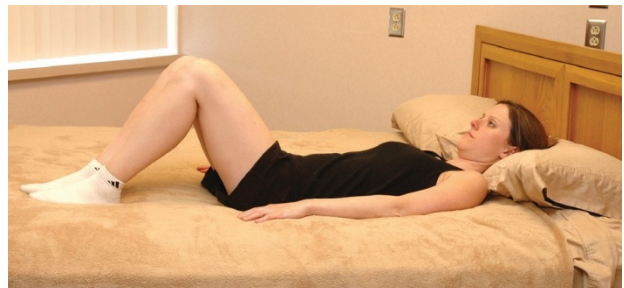
Step 2: Begin to scoot further back on the bed and shift your weight in a diagonal direction.



Step 3: Bend your elbow and begin to lean on it. Lift both legs at the same time onto the bed. Lie down.



Step 4: Bend both of your knees and push in to your feet. Lift or reposition your body into a comfortable position.



To get out of your bed:

Step 1: Bend your knees. Scoot your body to the edge of the bed.



Step 3: At the same time, lower your legs down and push with your arms to sit up.



Step 2: With your knees bent, log roll your whole body to the side.



Step 4: Carefully place your feet on the floor and stand up by pushing from the edge of the bed.

