



MAKING BEDS

Putting fresh sheets or blankets on a bed can be strenuous. It can be even more difficult if the bed is low and hard-to-reach.

Turning the mattress: **Pay attention!** You may not turn a mattress alone, unless it is a single-bed mattress. Whenever you need to turn a double-bed mattress, you need to ask the client for help (this mattress has to be handled by two people).

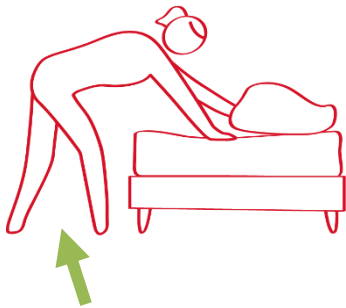
Quick check:

- Can I find support points or sit kneeling while I make the beds?
- Can I make room for by moving the nightstand or chair to the side?

Tips:

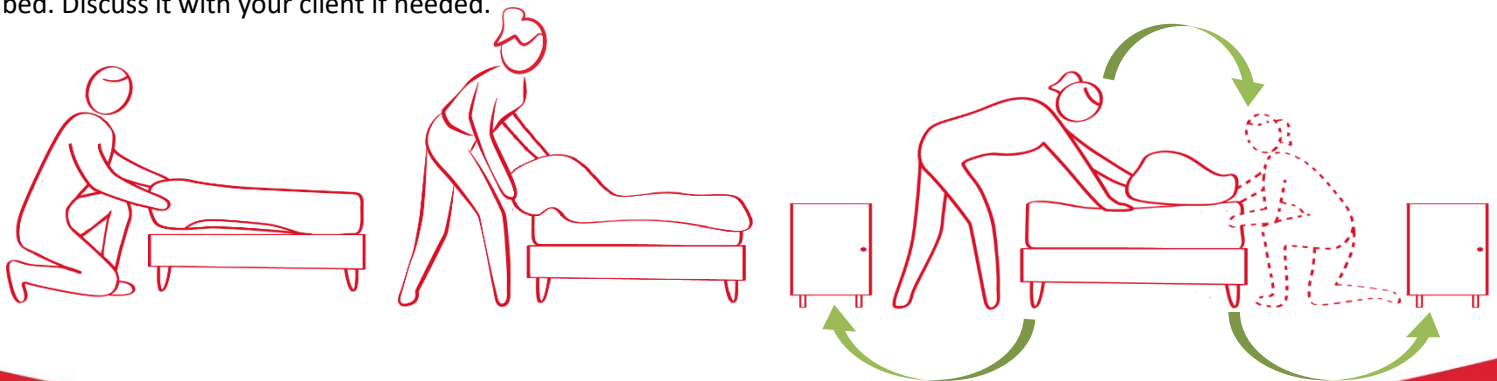
Find a broad, supporting stance:

Front-back spread stance and squat.



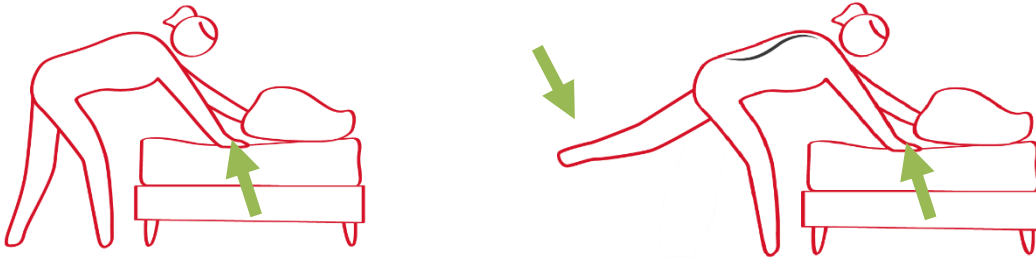
Work close to your body:

Look around the area and scout out your trajectory. Provide for good accessibility. Place your feet and move around the bed. Discuss it with your client if needed.



Find support points

Along the edges of the bed, the bedsteads,... For extended reaching motions + light loads -> Stretch slightly backward.



Turn the mattress:

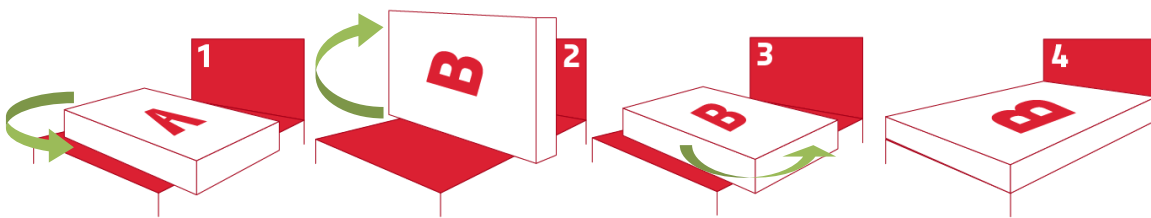
When handling/manipulating a mattress, the following points are important:

- If possible, support the mattress against the bed itself;
- Work mainly with pushing and tilting movements instead of lifting;
- With a double-mattress ask for help from the client (this task may not be performed alone);
- Select a good basic posture which allows you to maintain the s-curve, work from your legs;
- Tip: Stand at the points of the mattress.

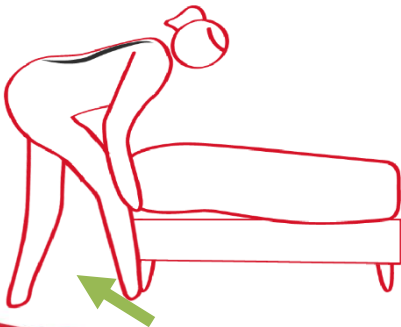
Rotate the mattress



Rotate and flip the mattress



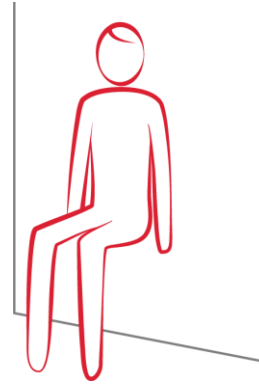
Stand close to the load and make sure you have a solid basic posture.



Stretching exercises

Sitting against a wall:

- Sit upright, your back against a wall, bending your legs.



Stretching shoulders:

- Hook your fingers together in front of you.
- Stretch yourself with your arms in the air above your head.

