



## 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).

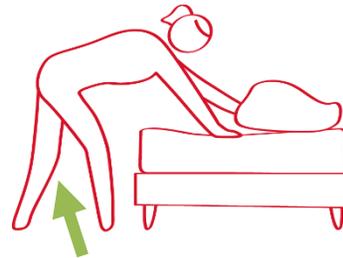
### Quick check:

- 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:

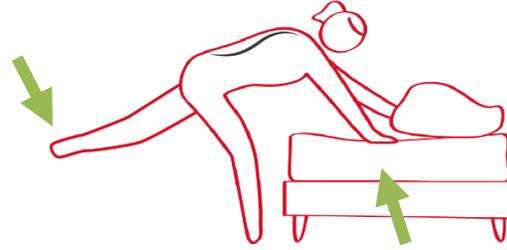
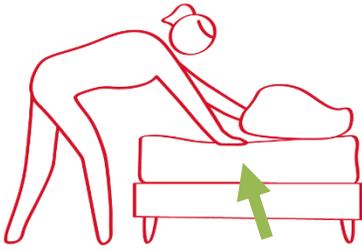
Look around the area and scout out your trajectory. Provide for good accessibility. Place your feet and move around the bed. Discuss it with your client if needed.



## 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:

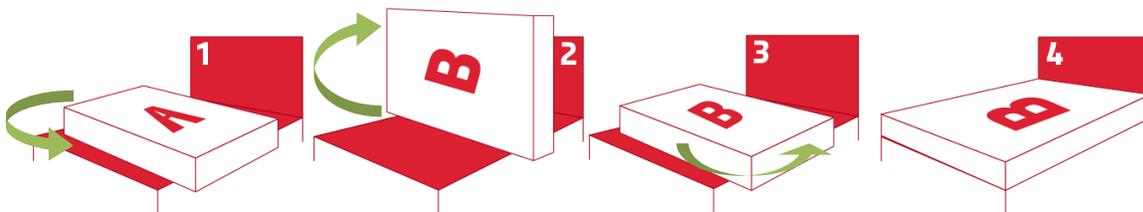
- If possible, support the mattress against the bed itself;
- Work mainly with pushing and tilting movements instead of lifting;
- With a double-mattress ask for help from the client (this task may not be performed alone);
- Select a good basic posture which allows you to maintain the s-curve, work from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

### Rotate the mattress

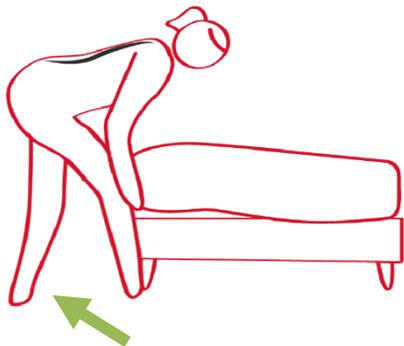
#### Roteer matras



### Rotate and flip the mattress



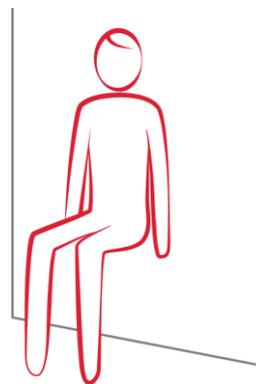
Stand close to the load and make sure you have a solid basic posture.



## 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.

