

## Lying to Sitting

Patients must transition from a lying (supine) to sitting position in order to prepare for a sit to stand transfer. Use this technique to help patients transition safely.

### Preparing for the Move

- Explain all moves and encourage the patient to be an active participant.
- Position the bed at a comfortable working height and make sure the wheels are locked.
- Raise the head of the bed as high as the patient can tolerate.
- Keep the work area clear of any hazards, especially bed alarm cords.
- Instruct the patient to move to the edge of the bed. Provide assistance if necessary.

### Performing the Move

- Put one arm around the patient's shoulders and the other arm under the patient's legs.
- Provide the patient with cues so they can assist with the move.
- Move the patient's upper and lower body at the same time (pivot on their buttocks).
- Use a "Power Lift" technique. See the **Power Lift** instruction sheet for more tips.
- Always maintain the natural curves of your back and move your feet to avoid twisting.

### After the Move

- Support the patient in the seated position.
- Lower the bed to support the patient's feet.
- Make sure the patient puts on proper footwear.
- Transition to the next move. Refer to the **Sit To Stand | Stand and Pivot** instruction sheet for more tips and information.

### Key Notes:

- Strongly consider using **safe patient handling equipment** for patients who lack the ability to assist with this transition.
- Always coach the patient using clear instructions. See **Coach the Patient** sheet for tips.
- Prepare yourself for the move by stretching first (see our **Stretch for Safety Program** materials).

### Remember:

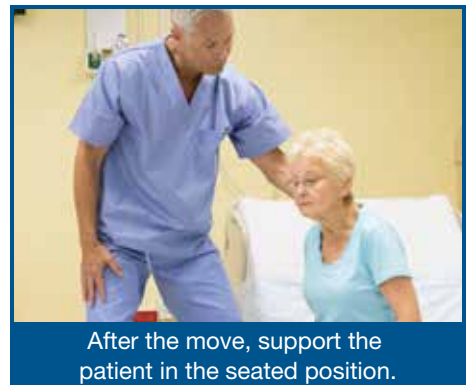
Before moving a patient, always follow the tips on the **Safe Patient Interaction** instruction sheet to assess the patient and situation.



Put one arm around the patient's shoulders and the other under their legs.



Use a "Power Lift" and maintain the natural curves of your back.



After the move, support the patient in the seated position.

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