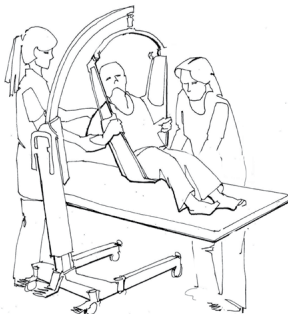


# Traditional Repositioning\*



Two Person Pull with Draw Sheet

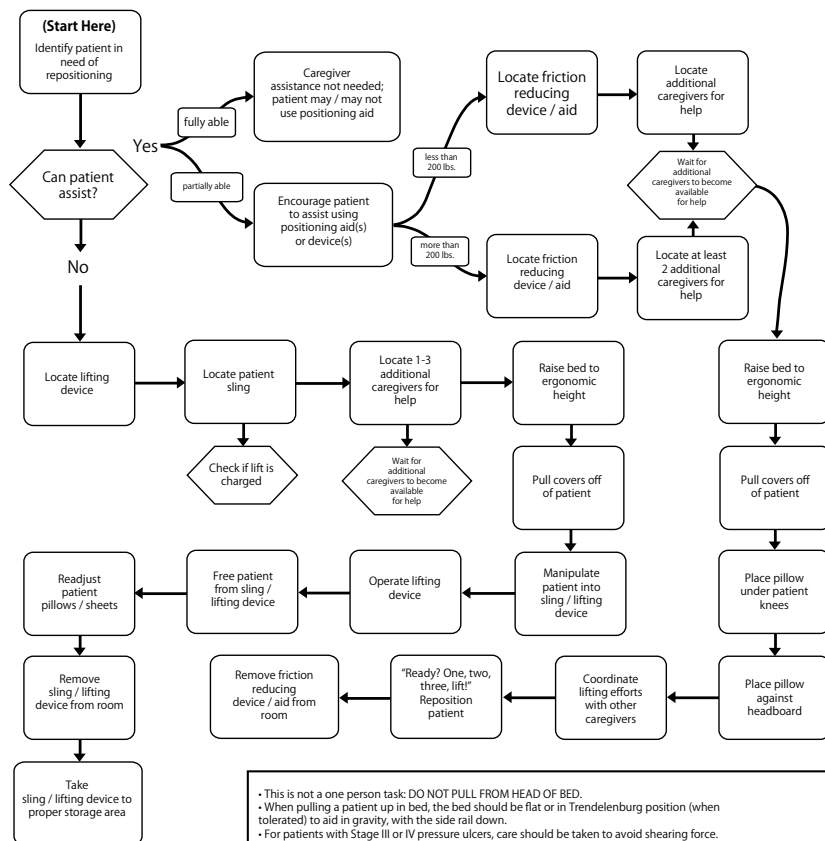


Mobile Sling / Ceiling Lift

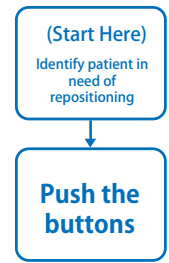
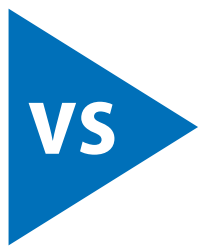


Two Person Thigh & Shoulder

# Hercules Repositioning™



• This is not a one person task: DO NOT PULL FROM HEAD OF BED.  
 • When pulling a patient up in bed, the bed should be flat or in Trendelenburg position (when tolerated) to aid in gravity, with the side rail down.  
 • For patients with Stage III or IV pressure ulcers, care should be taken to avoid shearing force.  
 • The height of the bed should be appropriate for staff safety (at the elbows).  
 • If the patient can assist when repositioning "up in bed", ask the patient to flex the knees and push on the count of three.  
 • During any patient handling task, if the caregiver is required to lift more than 35 lbs. of a patient's weight, then the patient should be considered to be fully dependent and assistive devices should be used.



\* The chart expressed in this diagram does not represent the view of the Department of Veterans Affairs. No claim made to U.S. government material.

