

Log Rolling a Resident

Purpose	The purpose of this procedure is to turn a resident as a unit while keeping his/her spine straight.
Preparation	<ol style="list-style-type: none">1. Review the resident's care plan to assess for any special needs of the resident.
Steps in the Procedure	<ol style="list-style-type: none">1. Wash and dry your hands thoroughly before beginning the procedure.2. Adjust the bed to a comfortable working position. (Note: Be sure the wheels are locked.)3. Loosen the covers as necessary. Avoid unnecessary exposure of the resident's body.4. Using a turning sheet move the resident toward the side of the bed where you are standing. Move the resident's body as a unit keeping the spine straight.5. Place a pillow lengthwise between the resident's knees.6. Cross the resident's arms across his/her chest.7. Reach over the resident and roll the turning sheet as close to the resident as possible.8. Turn the resident toward you with the turning sheet. Move the resident's body as a unit keeping the spine straight. Do not bend the resident's hips, joints or back.9. Do not rush the procedure. Be gentle in rolling the resident.10. Place pillows behind the resident's back to keep his/her body in proper alignment.11. Reposition the bed covers. Make the resident comfortable.12. Lower the bed to its lowest position.13. Place the call light within easy reach of the resident.14. If the resident desires, return the door and curtains to the open position and if visitors are waiting, tell them that they may now enter the room.15. Wash and dry your hands thoroughly.
Reporting	<ol style="list-style-type: none">1. Notify the supervisor if the resident refuses the care.2. Report other information in accordance with facility policy and professional standards of practice.