

Step-by-Step: Changing Bed Linens When a Person is in Bed

Changing Bed Linens When a Person is in Bed.

Begin by washing your hands with soap and water for at least 20 seconds.

If the linens are visibly soiled, put on a pair of disposable gloves.

Cover the person with a spare blanket for privacy and warmth while changing the bed sheets.

Loosen the top sheet and gather it up from beneath the blanket.

Put the sheet directly into a laundry bag.

Don't hold it against your clothing or place it on the floor.

Cross the person's arms over their chest and bend the leg that is farthest from you.

Put one hand behind the person's far shoulder and the other hand behind their hip.

Keeping your knees bent and your back straight, turn the person toward you and onto their side.

Roll the soiled sheet inward toward the middle of the bed. Tuck the roll as far under the person as you can.

Place a clean fitted sheet on the bed with its center fold in the middle of the mattress.

Secure top and bottom corners farthest from the person, tucking them firmly under the mattress. Roll the top half of the sheet against the person.

Bending at the knees, roll the person to the clean side of the bed.

Loosen and remove the soiled bottom sheet, folding the soiled side in on itself. Place it into the laundry bag.

Pull the clean bottom sheet taut and secure the corners under the mattress.

Remove the soiled pillowcase and replace it with a clean one. Return the pillow with the pillowcase seam toward the top of the bed so that it does not rub against the person's neck.

Unfold a clean top sheet over the covered person with the seam of the hem facing away from their skin.

Remove the blanket from underneath the clean top sheet.

Tuck in the top sheet. Loosen the linens around the person's feet to allow for movement.

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Remove the laundry bag and discard your gloves.

Wash your hands again with soap and water for at least 20 seconds.