

Bed Making

● SKILL SNAPSHOT

Purpose

Create a clean, safe, wrinkle-free bed that supports comfort, skin integrity, and infection prevention.

When to use

On admission, after bathing, when linens are wet/soiled, or during routine occupied/unoccupied bed changes.

Supplies needed

Fitted or flat bottom sheet; draw sheet/pad; top sheet; blanket; pillowcase; gloves; linen bag.

● PREP + PATIENT SETUP

- Explain procedure; assess mobility, pain, tubes, and fall risk.
- Perform hand hygiene; gather linens in order of use.
- Provide privacy; lock bed and raise to working height.
- Wear gloves for soiled linen; place linen bag nearby.

● VAULT TIP

Finish every bed change with the bed low and locked, call light within reach, and the patient aligned comfortably.

● STEP-BY-STEP

- UNoccupied bed: remove linen without shaking; roll soiled surfaces inward and place directly in bag.
- Clean mattress if needed; allow it to dry.
- Apply bottom sheet tightly; place draw sheet/pad under torso and hips.
- Place top sheet and blanket; make toe pleat if appropriate.
- Insert pillow by turning pillowcase inside out over hand, grasping pillow, then pulling case over it.
- Occupied bed: lower rail on working side; help patient roll away while maintaining tubes and alignment.
- Roll soiled linen inward to center; apply clean linen on exposed half and roll it toward patient.
- Raise rail; move to other side; help patient roll over linen mound; remove soiled linen and pull clean linen through.
- Smooth wrinkles; reposition patient; lower bed, lock wheels, place call light and belongings within reach.

● SAFETY REMINDERS

- Keep the patient covered and protect privacy.
- Never place clean linen on floor or another patient's furniture.
- Do not shake linen; avoid holding it against uniform.
- Maintain rails, tubes, and body alignment during an occupied change.

● COMMON MISTAKES

- Leaving wrinkles beneath the patient.
- Mixing clean and soiled linen.
- Walking away with bed raised.
- Failing to secure lines before turning.

● DOCUMENTATION

- Usually routine; chart when clinically relevant.
- Skin condition and presence of moisture/soiling.
- Assistance, repositioning, pain, and tolerance.
- Linen or equipment concerns and actions taken.