

ASSESSED PHYSICAL ACTIVITY or OUTCOME TO BE ACHIEVED	POTENTIAL RISKS (associated with Activity)			CONTROL MEASURES (Strategy or actions required to manage OUTCOMES)	Review Date	
	IDENTIFIED RISKS	Level of Risk				
		L	M			H
<p>MAKING BEDS:</p> <ol style="list-style-type: none"> 1. Moving bed into position 2. Making bed at low height 3. Turning mattress 4. Posture and body positioning 5. Handling soiled bed linen (Infection Control) 	<ol style="list-style-type: none"> 1. Heavy lifting, carrying, reaching, stretching 2. Reaching, bending, twisting, kneeling, repetitive movement 3. Adopting awkward postures due to inadequate space and the placement of furniture around the bed. This makes it difficult to access all three sides of the bed 4. Exposure to potential infection / biological hazards 			<ol style="list-style-type: none"> 1. Moving the bed: <ul style="list-style-type: none"> - ensure the bed is moved away from the wall and / or furniture and is clear of obstructions - fit castors with a lockable braking system to bed, which is appropriate to floor surface to ensure ease of movement - ensure castors are maintained so they can be moved and locked with ease - only move bed if on castors and the castors run smoothly across the floor surface - when moving bed on castors, move one end, then the other - ensure care staff are trained in the use of height-adjustable beds - use purpose made bed-blocks to raise beds 2. Making the bed: <ul style="list-style-type: none"> - use fitted sheets to reduce mattress lifting and the time spent kneeling - ensure a minimum of two workers are available to turn a mattress. Avoid turning mattresses alone - kneel instead of bending or squatting when tucking in sheets - use bed as a support when rising from kneeling - do not simultaneously bend, lift mattress & tuck in sheets - tuck in sheets and blankets at the end of the beds only, leaving sides untucked (ensure this is suitable and safe for the service user) 3. Infection Control: <ul style="list-style-type: none"> - use disposable personal protective equipment – gloves / apron / face mask - soiled linen to be treated appropriately as per Infection control procedures 		

Name of Service User: _____ Risk Assessment carried out by: _____ Date: _____