



With the MobiTurn® positioning/turning aid, people being cared for can be turned safely and painlessly from the supine to the side position in bed. The transfer by the caregiver is simplified and thus enables back-friendly and energy-saving work.



1.

The person being cared for lies flat in bed in the supine position. Please make sure that the person being cared for is not too close to the edge of the bed towards which they are to be turned. This prevents the person from falling out when being turned.



2.

The legs of the person being cared for are lifted by the care giver and the MobiTurn® is placed flat under the legs.



3.

The legs of the person being cared for need to be placed straight in the recesses of the MobiTurn® positioning/turning aid.



4.

In the next step, the MobiTurn® is straightened up and should be at the knees of the person to be cared for.





5.

Now the person to be cared for is prepared for turning. The arm facing away from the desired direction of positioning is placed on the abdomen of the person to be cared for. The other arm, which is on the side of the bed, is placed upside at a 90° angle.



6.

The carer places one hand on the **MobiTurn®** and the other hand on the shoulder of the person to be cared for in order to turn him into the side position as gently as possible.



7.

The patient is now in the lateral position and needs to be stabilized. Afterwards the **MobiTurn®** positioning/turning aid can be removed.

If the patient needs to be treated in the lateral position for a short time, the **MobiTurn®** is not removed until the patient has been returned to the supine position after the treatment.



8.

To return the patient to the supine position, the carer places one hand on the **MobiTurn®** at the hollow of the knee and the other hand on the shoulder of the patient and turns them back onto their back.

To remove the **MobiTurn®**, it is tilted towards the end of the bed until it lies flat on the mattress. The legs of the person being cared for are lifted and the **MobiTurn®** can easily be removed.