

7 Steps to a log roll!



Preparation

Step 1:

- Ensure the height of the bed is at a comfortable level, with the shortest person at the lowest end.
- Each team member must be clear of their role and the aim of the procedure.



Only One Boss!

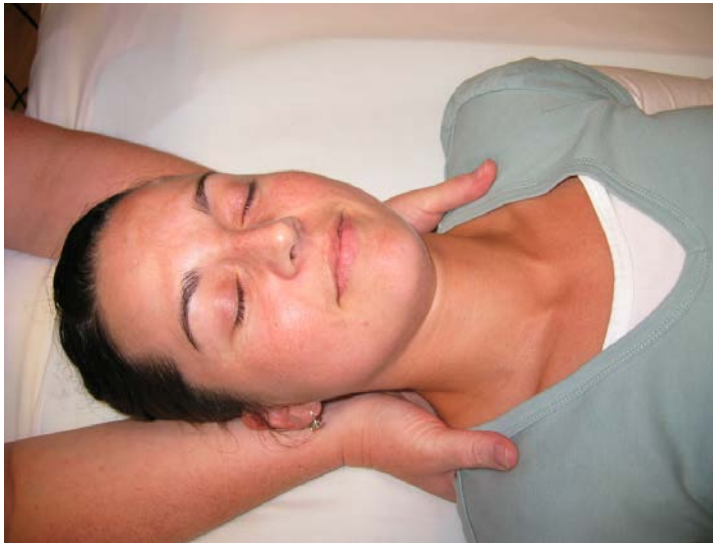
Step 2

- The team leader is the individual responsible for taking the head and coordinating the move.
- They should ensure the patient is given an age appropriate explanation of what is about to occur and medication is administered if required.



Head Stabilising

Step 3



- The head holder should be somebody who is comfortable leading the log roll.

More Preparation!

Step 4

- A 2nd person removes the sandbags and places a pillow or roll between the patients legs to help maintain body alignment.



A Team Effort

Step 5

- 2 - 3 staff (depending on patient size) place their hands equally distributed at the chest, pelvis and limbs.
- The 4th or 5th person is responsible for wedge placement and watching lines and ventilator tubing.



Ready To Roll!

Step 6

- The head holder gives the command to roll as:
“ 1, 2, 3, Roll”
- It is a gentle, evenly controlled movement, ensuring mid-line alignment at all times.
- The fifth person may now position the wedges appropriately.



Rolling Back

Step 7:

- If the patient is returning to the supine position, the same “1, 2, 3, roll” technique is used, maintaining and checking alignment afterwards.





What is Anatomical Alignment?

The nose will be in-line with the sternum and pubic bone, using the tummy button and hips as reference points