1. *Wash hands*.
2. “Hello, my name is \_\_\_\_\_\_\_\_\_. I’ll be your CNA today.”
3. “Can you please tell me your name and date of birth?” *(CNA checks ID band.)*
4. “I’m here to help you sit up in bed, okay?”
5. *Raise the head of the bed.*
6. *Lower the guard rail.*
7. “Could you please bend up your knees?”
8. “Can you please reach your arm across your body?”
9. “I am going to grab your shoulder and your hips and roll you towards me.”
10. “I am going to bring your legs off the bed.”
11. “Could you please push up with your arms?”
12. “I will pull with my arms at the same time.”