

Changing the sheets

Why is it important to change the sheets?

It is important to change the sheets because:

- Your sheets start to smell.
- It is part of good housekeeping.
- It helps stop the spread of disease and infections.

These are the things you will need to know:

You will need:

- A fitted sheet
- A flat sheet
- Two pillowcases

You should wash your sheets once a week.



You should put clean fresh sheets on your bed.

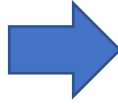


Dirty sheets start to smell.



Changing the sheets:

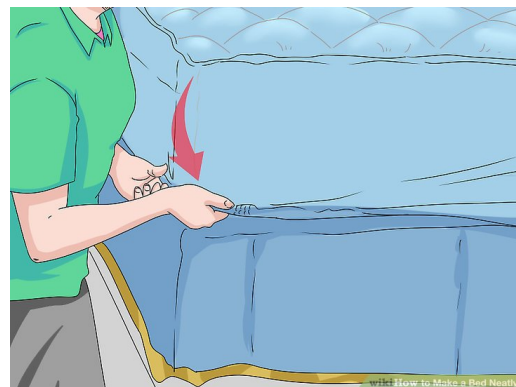
1. Clear the bed. Take your dirty sheets to the laundry.



2. Get some fresh sheets.



3. Select the fitted sheet. It is the sheet with elastic trim. Stretch the fitted sheet over the four corners of the bed.



4. Select the flat sheet. It is the sheet with the detailed hem. Put the sheet over the bed with hem at the top near where the pillows go.



5. Tuck the flat sheet in at the end of the bed.
Lift the bottom of the mattress with one hand while pushing the sheet under tightly with the other.



6. Grab the bottom of the sheet which is hanging down. Lift so it is in line with the side of the mattress. Tuck what is hanging now under the side of the mattress.



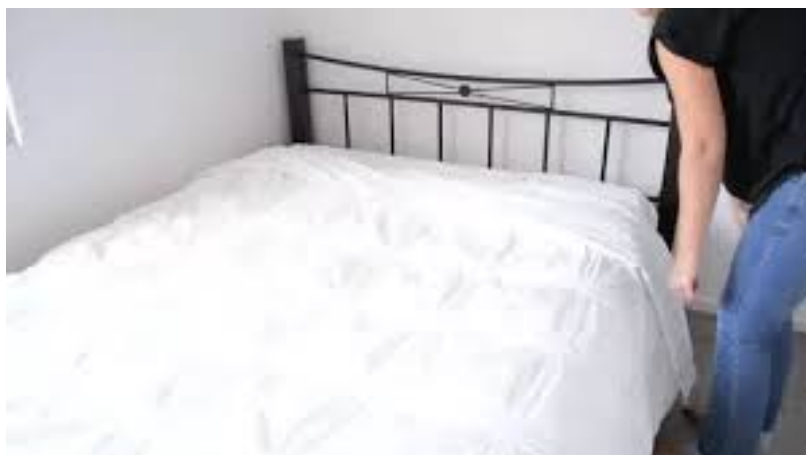
7. Let the corner drop back down. Hold it firmly to form a fold.



8. Tuck the corner under the bed. Follow the same steps on the other side of the bed.



9. Put the doona or blanket on top of the flat sheet.



10. Fold the flat sheet over the doona or blanket and pull tight.



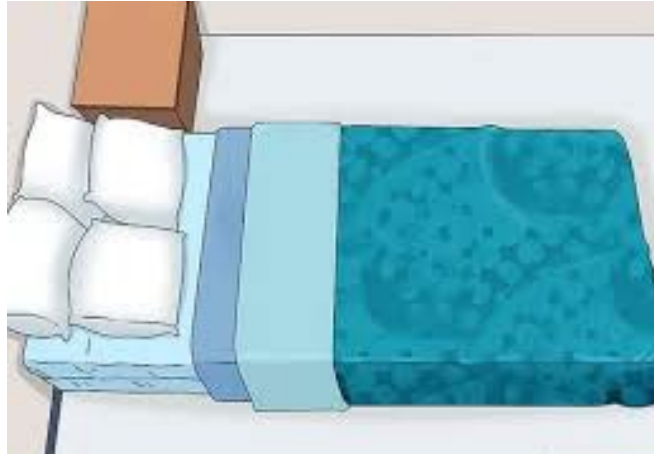
11. Tuck in any loose sheets around the bed.



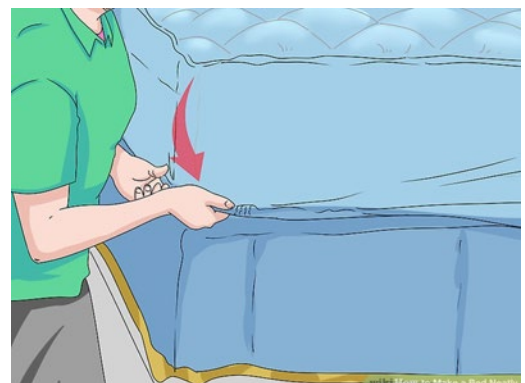
12. Put the pillowcases on the pillows.



13. Add the pillows and straighten the bed.



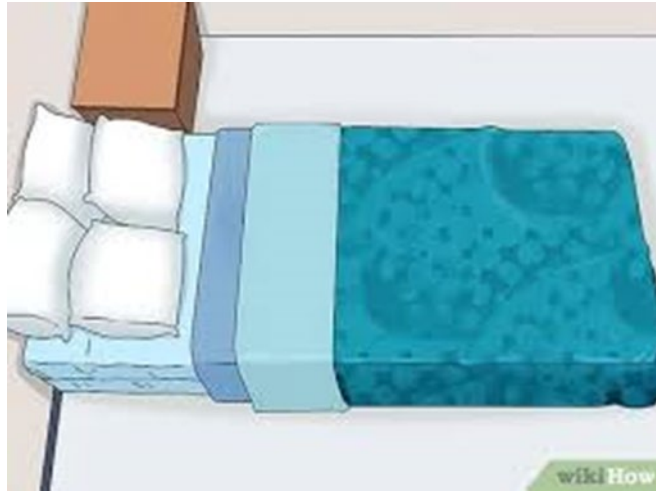
Changing the sheets - visual procedure





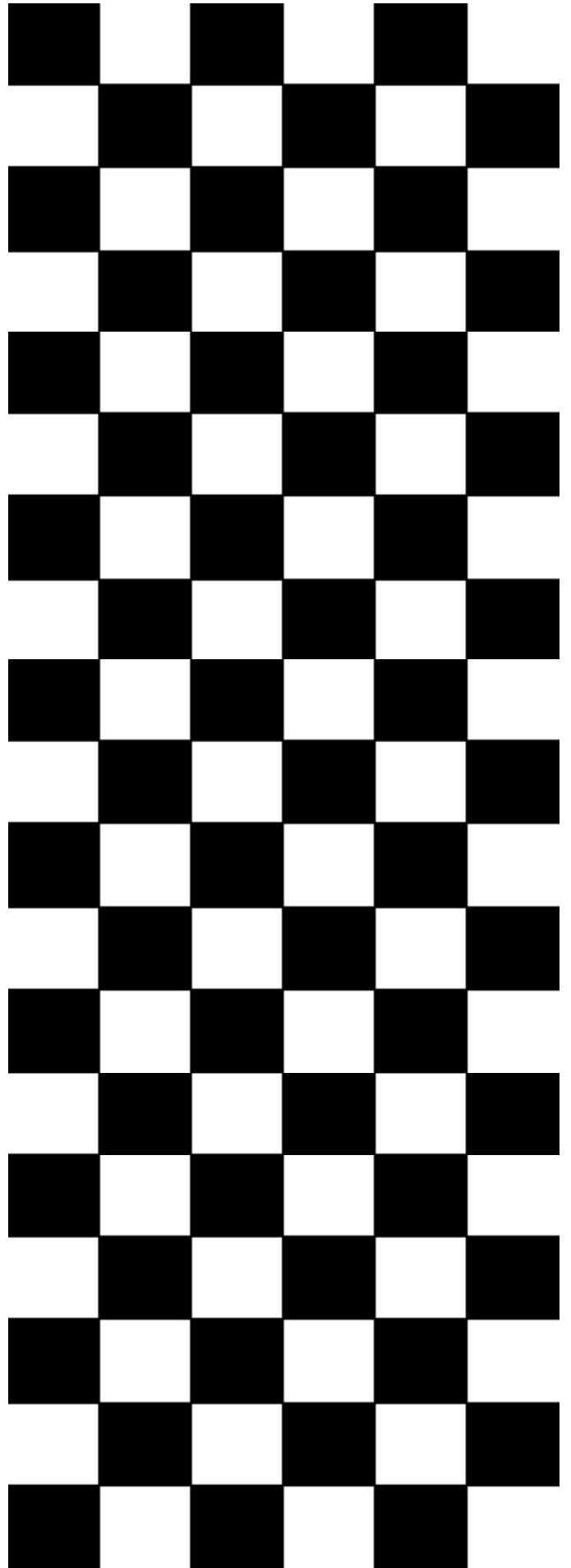






Put visuals on this side in sequence.

Put visuals on this side when task completed.



Changing the sheets

Please read to the student and then match the picture:

| | |
|---|--|
| <p>1. Clear the bed. Take your dirty sheets to the laundry.</p> |  |
| <p>2. Get some fresh sheets.</p> |  |
| <p>3. Select the fitted sheet. It is the sheet with elastic trim. Stretch the fitted sheet over the four corners of the bed.</p> |  |
| <p>4. Select the flat sheet. It is the sheet with the detailed hem. Put the sheet over the bed with <u>hem</u> at the top near where the pillows go.</p> |  |
| <p>5. Tuck the flat sheet in at the end of the bed. Lift the bottom of the mattress with one hand while pushing the sheet under tightly with the other.</p> |  |

6. Grab the bottom of the sheet which is hanging down. Lift so it is in line with the side of the mattress. Tuck what is hanging now under the side of the mattress.



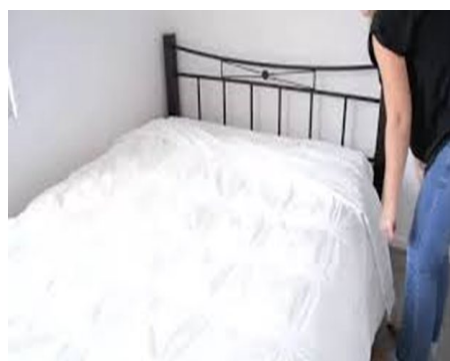
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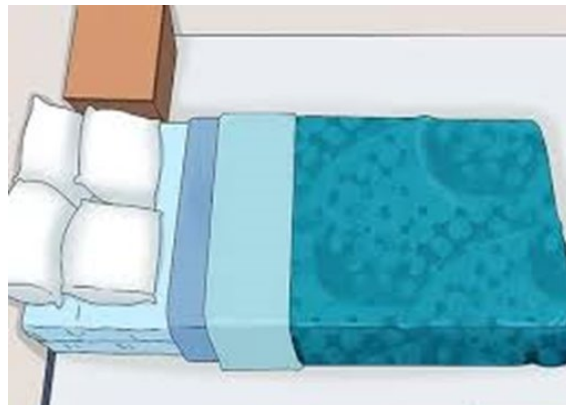
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Changing the sheets

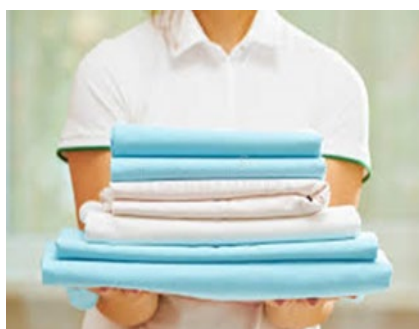
Tick when complete.



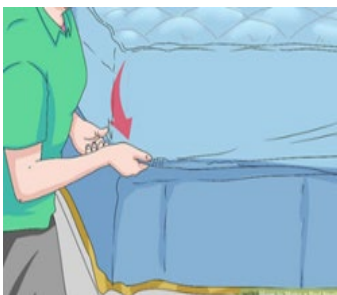
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