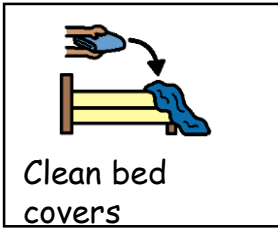

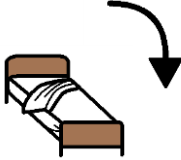
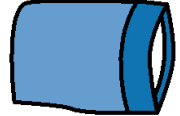


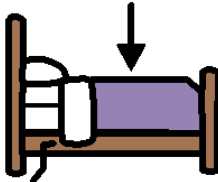
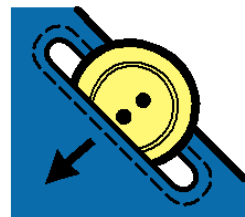



Changing the bed

Equipment



<div>1</div>  <p>Take off the dirty sheets</p>	<div>2</div>  <p>Put a clean sheet on the mattress, making sure all the corners are tucked around the mattress</p>	<div>3</div>  <p>Put a clean pillow case on the pillow</p>
<div>4</div>  <p>Put on a clean duvet cover on by matching up the ends with the duvet</p>	<div>5</div>  <p>When the cover is on the duvet, shake the duvet</p>	<div>6</div>  <p>Lay the duvet cover on top of the bed</p>
<div>7</div>  <p>Fasten buttons on the duvet cover</p>	<div>8</div>  <p>Tuck in the ends and sides of the sheet under the mattress</p>	