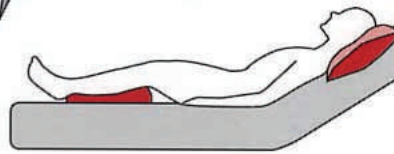


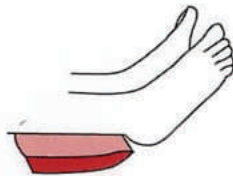
## Positioning



*Proper position when lying on side*



*Head of bed raised 30 degrees or less*




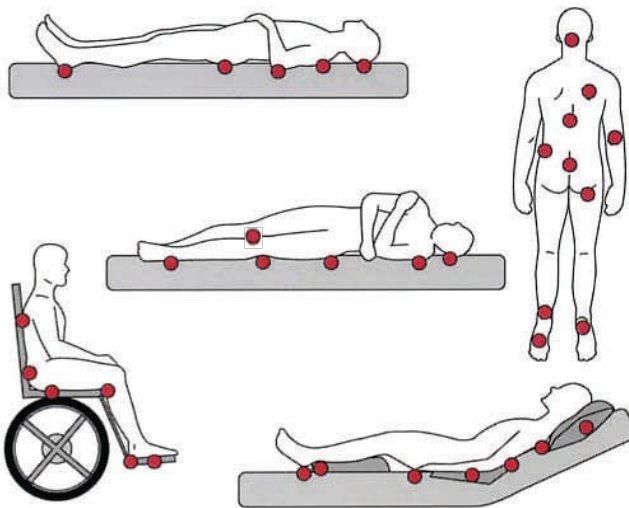
*Proper heel placement*

### **Positioning Tips**

- Follow a written turning/positioning schedule
- Reposition every two hours, or more often if needed
- Use pressure reduction devices on beds and chairs, and under heels
- Use lift sheet or device to reduce shear and friction

## Pressure Points

 Red circles are pressure points that need extra protection



### Daily Care Tips

- Look at the skin every day and report red areas
- Keep the skin dry
- Help the person eat well and drink fluids

Adapted from materials developed by Colorado Foundation for Medical Care and Kansas Foundation for Medical Care. Endorsed by the Advancing Excellence and Oregon IHI Network Joint Committee, June 2009.