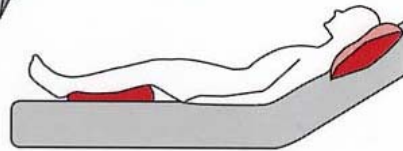




**Proper  
position  
while  
on side**



**Head of bed elevation  
limited to 30 degrees or less**




**Proper heel placement**

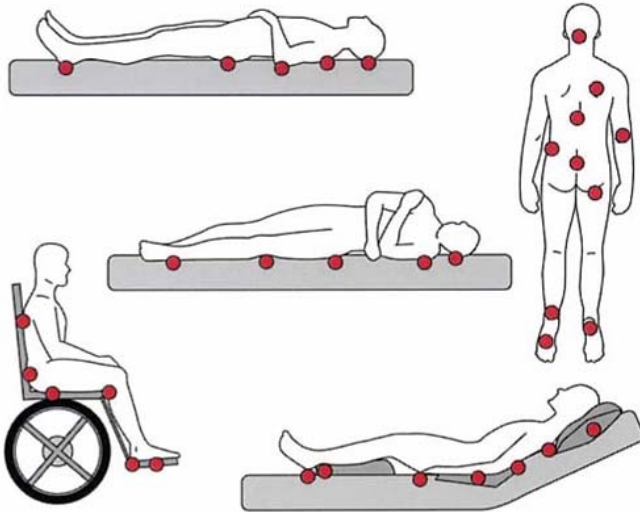
### **Pressure Ulcer Reduction Tips:**

- Follow a written turning/positioning schedule
- Turn every two (2) hours in bed
- Use pressure reduction devices on bed, heels and chairs
- Use lift sheet or device to reduce shear and friction



## Pressure Points

 Red circles indicate pressure points.



### Remember:

- Find out who's at risk
- Help patient eat right and drink fluids
- Make sure pressure is off the heels
- Remember to keep the skin dry
- Assess the skin daily
- Keep good records



This material was prepared by the Colorado Foundation for Medical Care, July 2008.