Areas at risk from pressure damage

Patients may be at risk/elevated risk from pressure damage within a very short period of time if repositioning and pressure relief does not take place.

The added effect of shearing and friction forces

### Semi-recumbent Position

- **Toes**
- **Occiput**
- **Shoulder Blades**
- **Elbows**
- **Sacrum**
- **Ischial Tuberosity**

### Seated Position

- **Shoulder Blades**
- **Spinal Protrusion**
- **Elbows**
- **Sacrum**
- **Ischial Tuberosity (IT)**

### Supine Position

- **Toes**
- **Heels**
- **Sacrum**
- **Spine**
- **Elbows**
- **Shoulder Blades**

### Lateral Position

- **Ankle (Internal & External)**
- **Knee**
- **Hip**
- **Shoulder**

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