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# 30° Tilt

## A Guide to Repositioning

Helping people to be  
the best they can be

The 30° tilt is used to promote comfort and reduce pressure over high risk areas. It should be used with, and not in place of, an appropriate pressure reducing support surface/mattress.

Remember to ask the person if they are comfortable and change their position at regular intervals as directed by the health professional.

**Stage 1:** Ensure the person is lying comfortably in the centre of the bed. Use two pillows to support their head and neck.



**Stage 2:** The person should be rolled towards one side of the bed and a pillow should be positioned to support the spine and shoulder. This will tilt the person and lifts the bottom off the mattress.



**Stage 3:** On same side, position a pillow lengthways under the persons' leg, ensuring the heel is lifted clear of the mattress.



**Stage 4:** Place another pillow at an angle under the other leg, again ensuring the heel is lifted clear of the mattress.



**Stage 5:** This picture demonstrates the final position of the person.

