



TOOLKIT 12 · PRESSURE-INJURY PREVENTION · TOOL 2 OF 5

Repositioning Clock — Turn, Tilt, Tick

Bedside poster and 24-hour record for patients at high risk. Two hours, thirty degrees, every position written down

TURN · TILT · TICK

Every 2 hours · 30° side-lying, not 90° · heels floating · skin checked

Patient · ward · bed · date · risk score

Time	Position: L30° / Back / R30° / Chair / Other	Heels off bed ☐	Skin checked — red area? where?	Moist? changed?	Initials
00:00		☐			
02:00		☐			
04:00		☐			
06:00		☐			
08:00		☐			
10:00		☐			
12:00		☐			
14:00		☐			
16:00		☐			
18:00		☐			
20:00		☐			
22:00		☐			

Position	How
Left 30°	Pillow behind the back so the body tilts 30° — weight on the buttock, not the hip bone
Back	Head of bed no higher than 30° unless eating; pillow under calves so heels float
Right 30°	As left
Chair	No more than 2 hours at a time; cushion; feet supported; weight shifted every 15 min if able

Redness that does not fade within 30 minutes of pressure relief is a stage 1 pressure injury. Report it (Tool 3), increase the frequency, and never position the patient on it.

ASF standards: Standard 4 — pressure-injury prevention (means of verification: completed repositioning records)