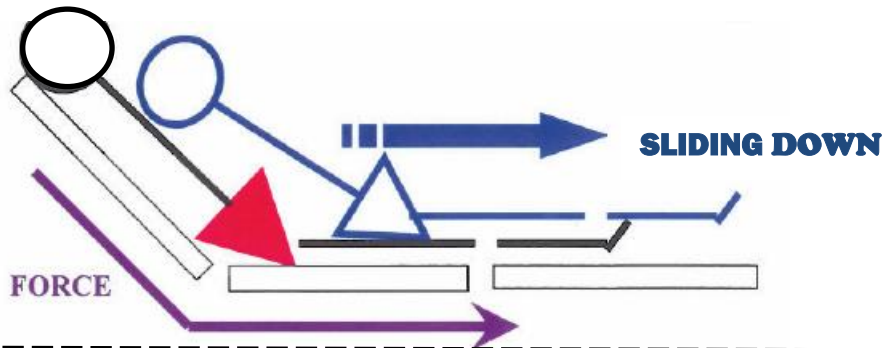
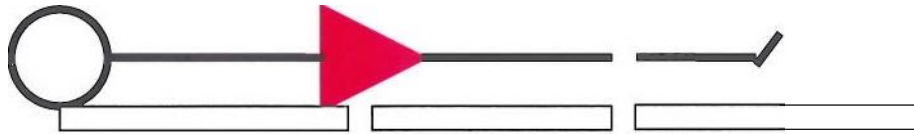


# Avoid Shearing when Raising the Head of the Bed (HOB)

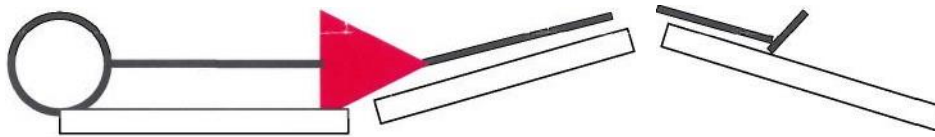
Raising the HOB causes sliding which increases shear and pressure in the sacral area



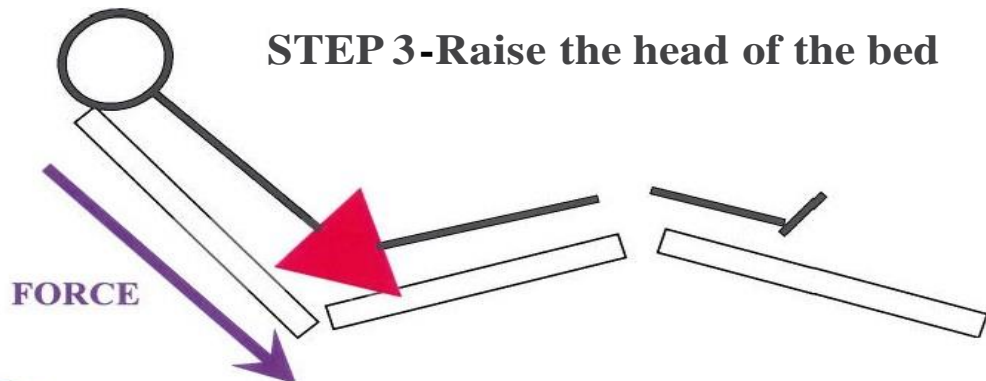
**STEP 1**-Move the person to the right place in the bed  
Pelvis is ~10cm (4") above the bend in the bed



**STEP 2** -Raise the knee gatch 10-20°



**STEP 3**-Raise the head of the bed



**STEP 4** -Do the Trunk Release Maneuver  
Move upper body forward and then back onto bed.  
This allows the body to adjust to the new position.



Best practice for protecting the skin is to keep HOB less than 30°. When this is not possible, follow steps 1-4 to minimize shear and pressure.