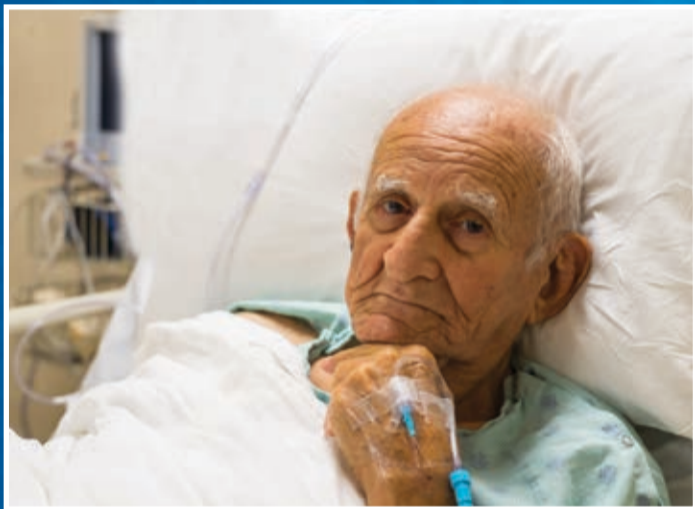




# Pressure Injuries

## *Skin Care Matters*



**S SURFACE:** Make sure you are on a supportive surface

**S SKIN INSPECTION:** Check for discolouration and soreness including under or around medical devices

**K KEEP MOVING:** Change your position often

**I INCONTINENCE:** Keep clean and dry

**N NUTRITION:** Eat healthily and drink plenty of fluids

***Help us to work together to prevent pressure injuries***