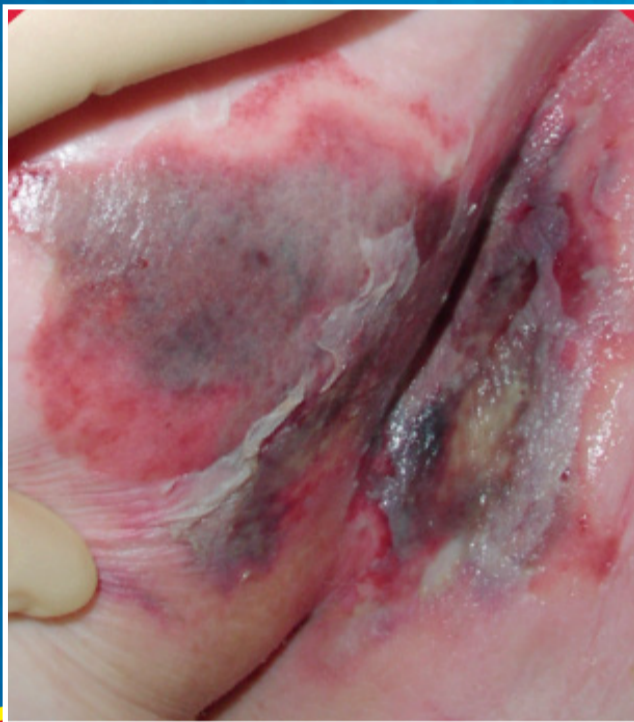




# Pressure Injuries

## *Skin Care Matters*



- S** **SURFACE:** Make sure you are on a supportive surface
- K** **KEEP MOVING:** Change your position often
- I** **INCONTINENCE:** Keep dry and clean
- N** **NUTRITION:** Eat healthily and drink frequently
- S** **SKIN INSPECTION:** Check for discolouration and soreness including under or around medical devices

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