STOP PRESSURE INJURIES

YOUR SKIN MATTERS
Let’s work together to prevent pressure injuries.

SURFACE
Make sure you are on a supportive surface

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

KEEP MOVING
Change your position often

INCONTINENCE
Keep dry and clean

NUTRITION
Eat healthily and drink plenty of fluids

Support NZ Wheelchair Rugby
www.wheelblacks.com/support