

Prevent pressure injuries

in 6 steps.



Incontinence Care

Ensure good personal hygiene, **keeping skin clean and dry**. Constant exposure to moisture from urine or faeces can lead to skin breakdown.



Nutrition & Hydration

Eat a wide variety of food, with **one protein-rich food at each meal**. Drink **6 to 8 glasses of fluids a day**, unless instructed otherwise by a healthcare professional.



Just Move

If bed-bound, perform **turning at least 2-hourly**. If chair-bound, **change position at least 3 times per hour when sitting**.

Use Pressure Relieving Surfaces

Ask a healthcare professional about **suitable pressure-relieving products** if you/your loved one sits or lies still for long periods.

Reassess Skin Regularly

Examine skin for pressure damage **at least once a day, or after each turning** if chair- or bed-bound.

You Should Seek Help Early

Early treatment is key to pressure injury healing. **If you suspect a pressure injury, inform a healthcare professional early**.



The majority of pressure injuries are preventable. **Make pressure injury prevention your priority today!**

Visit our **Pressure Injury Hub** at www.healthhub.sg/pressure-injury for more useful information and tips on pressure injury prevention and management.



MINISTRY OF HEALTH
SINGAPORE