# Prevent pressure injuries

in 6 steps.



## ncontinence Care

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



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



### utrition & 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.

## R eassess Skin Regularly

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



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

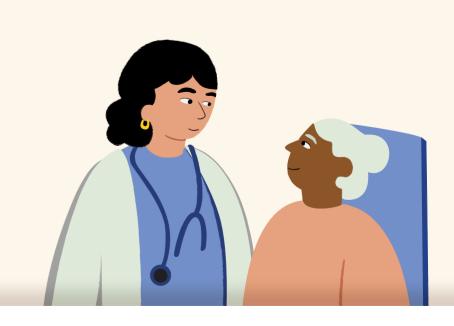
Move

#### ou 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!

