

Pressure Injuries



promoting
healthy skin

Champions for Skin Integrity



Change **position** frequently

Use a speciality (high specification) **mattress** if at risk of pressure injuries

Remove pressure from heels with pillows or suspension devices

Use an unscented, **soap-free** body wash

Eat a **healthy** nutritious diet



Do not use foam **rings** or donuts

Avoid rubbing or **massaging** over bony areas

Avoid prolonged sitting





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