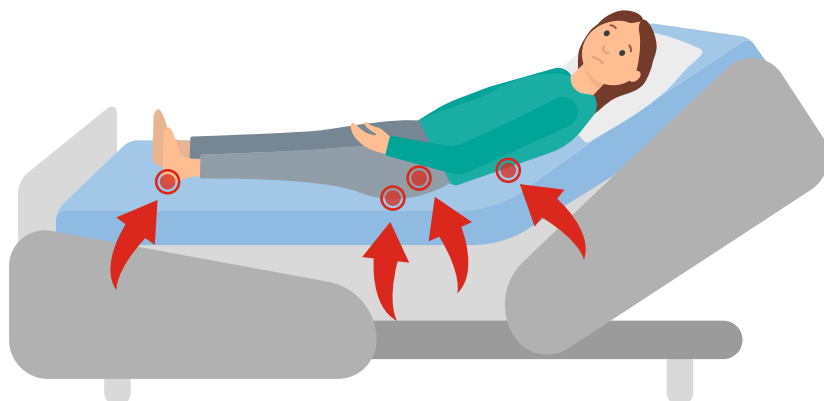


# Pressure Ulcer Safety

Bony areas may be at risk of a pressure ulcer.



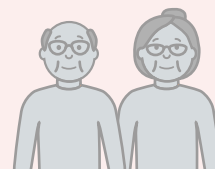
You may be at higher risk if:



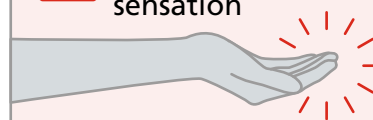
you are diabetic



you are older



you have reduced sensation



These six steps will help keep you safe:

**S**urface

**S**kin inspection

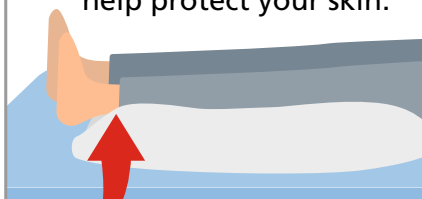
**K**eeP moving

**I**ncontinence

**N**utrition & hydration

**S**

A special mattress or pillow might be used to help protect your skin.

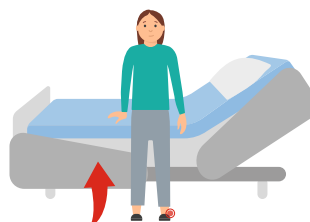
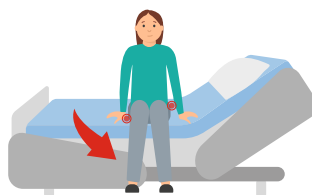
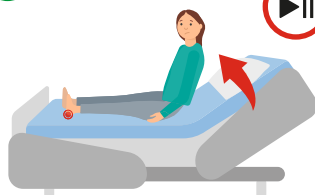


**S**

Tell someone if you feel any pain or notice changes.

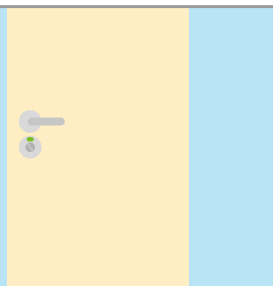


**K** Keep moving.



**I**

Ask for support with any continence needs.



**N**

Keep hydrated and eat well.



If you've experienced a pressure ulcer before let us know.



Scan the QR code to watch our video and find out more about pressure ulcer safety.

