

# Your skin matters

## Pressure ulcer prevention

Pressure ulcers or bed sores are thought to affect 30% of the community population. They can have a huge impact on quality of life and result in significant suffering.

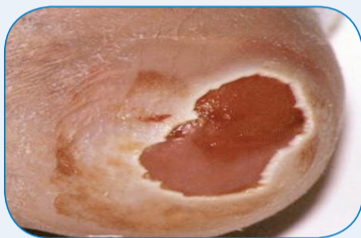


Image: A typical pressure ulcer on a heel

**S**urface

**S**kin inspection

**K**eeP moving

**I**ncontinence

**N**utrition & hydration

Think.....

**S** **S** **K** **I** **N**

**Know the risks.**

Talk to a healthcare professional if you need help with, or advice on posture, skin care, mobility, incontinence or nutrition.