

# Pressure ulcer prevention

We all have a role

Are you a carer?

Is the person in your care at risk of developing a pressure ulcer?

Prevention is always better than cure. Think SSKIN...

**S**urface

**S**kin inspection

**K**eeP moving

**I**ncontinence

**N**utrition & hydration

Think.....



Talk to a health care professional if you feel you need advice regarding pressure ulcers or the person in your care requires treatment.