



## INSPECT YOUR SKIN TWICE A DAY



- Use a mirror or ask for help
- Take pictures with your phone to monitor skin



If it looks red STOP, and identify the cause!

## What can YOU do...

## SHIFT YOUR WEIGHT



Every 15 min **FOR** 30 seconds



## DEVELOP HEALTHY HABITS

### Eat a balanced diet

- Drink plenty of fluids (water is best)
- Don't smoke



## KEEP YOUR SKIN CLEAN AND DRY

Regular bladder and bowel routine is key to healthy skin



- Check areas you sweat
- Check under skin folds
- If skin is dry, apply mild lotion

## MAINTAIN EQUIPMENT

Check your cushions and mattresses daily



- If it's an air cushion.. correct inflation
- If it's a gel cushion... spread the gel

## TIPS

- Check what you are sitting on
  - \* Objects (i.e. cell-phone, wallet, keys)
  - \* Cracks or rips in bath bench or commode
  - \* Other seat surfaces (are they safe?)
- Transfer methods
  - \* Keep it safe
  - \* Don't take shortcuts
  - \* Review technique regularly



- Check for correct posture and positioning
- Avoid tight clothing and footwear
  - \* Adjust seams and zippers
- Use CAUTION:
  - \* With heating pads
  - \* When carrying hot food and drinks



## COMMON PRESSURE POINTS

