

# Are You, Or Is Someone You Know, At Risk Of Developing A Pressure Ulcer? Top Tips For Reducing The Risk

## Keep Moving

Change your position regularly (every two hours if possible).  
If you cannot move yourself, ask a carer.

## Inspect skin every day or ask your carer

Check for reddened or broken skin, or blisters over bony areas

## Keep skin clean and dry

Wash with mild soap and warm water, pat dry.

Change incontinence pads when wet or soiled

Do **not** rub or massage sore skin  
or red areas.

If skin is broken **do not** apply shop-bought dressings,  
ointments or creams.

**Get advice from your GP or Nurse before it  
gets worse.**

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