

# 5 Tips To Prevent Pressure Ulcers

1



## Turn and Re-position

Helping to move and re-position residents at least every 2 hours helps decrease pressure on any one body surface.

4

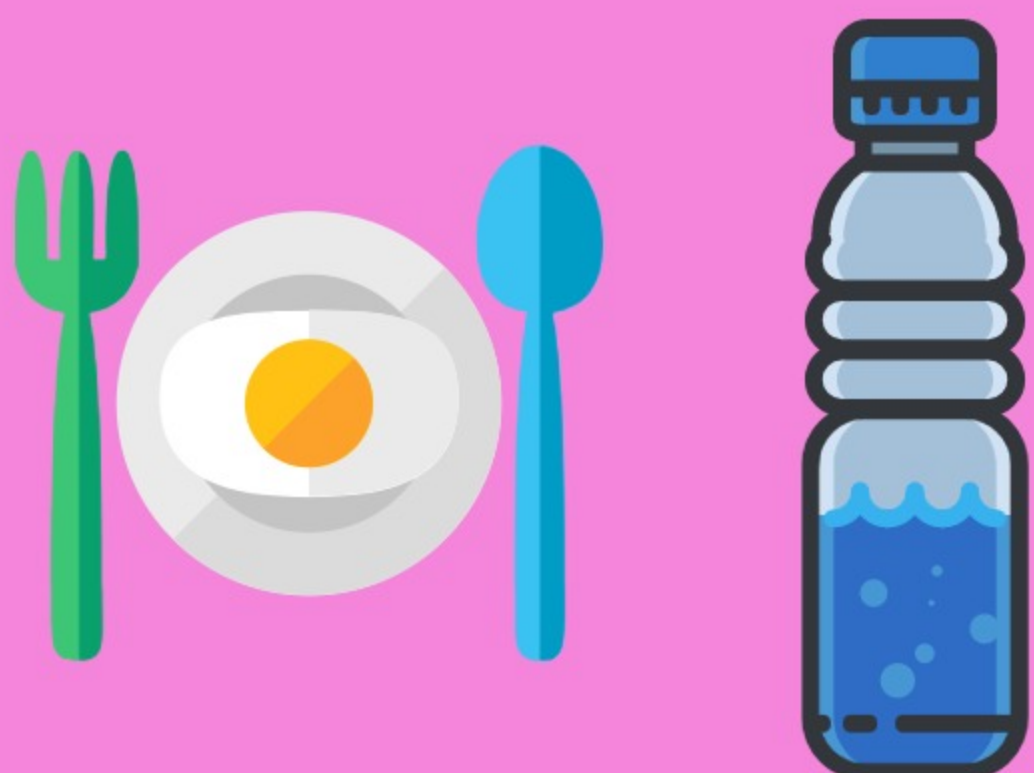


## Anticipate Toileting Needs

Proactively assisting residents with toileting can help prevent incontinent episodes.

Checking frequently for incontinence decreases amount of time skin is exposed to soiled linens.

2



## Offer Food and Fluids

Keeping residents healthy and hydrated helps to decrease the skin's vulnerability for injury or damage.

5

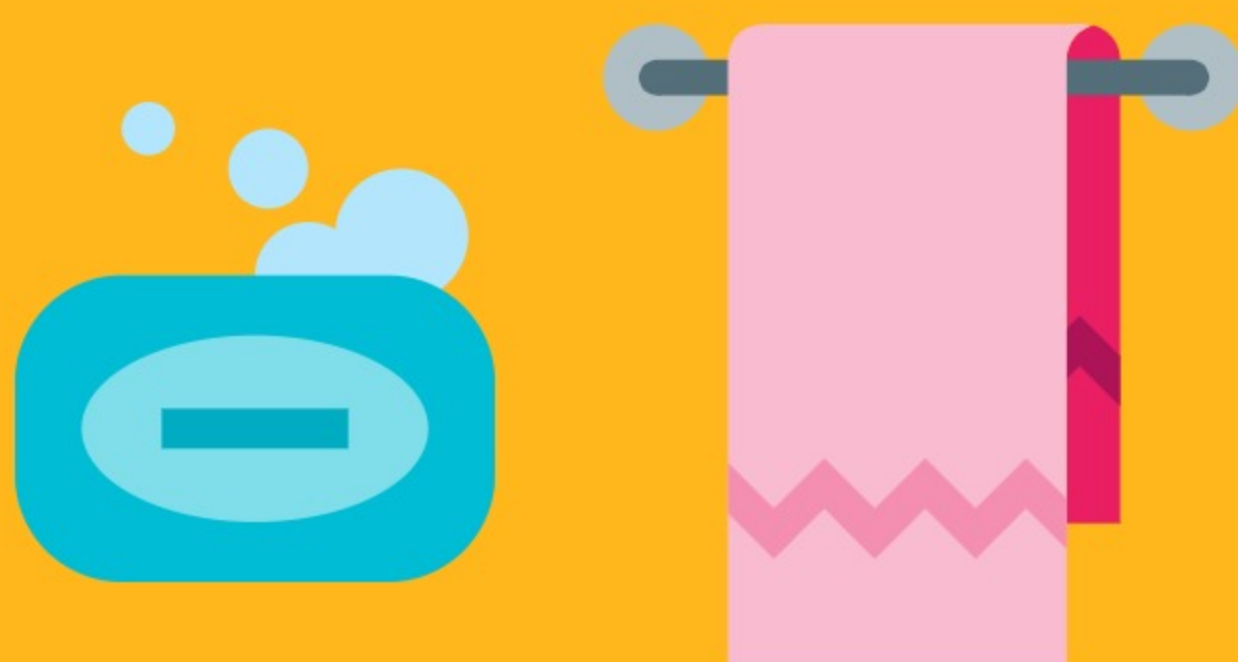


## Notify Your Nurse

Frequently check resident's skin for changes from their baseline.

Notify the nurse of any changes for further treatment instructions.

3



## Keep Skin Clean and Dry

Gentle cleansing and thorough drying helps to prevent skin breakdown.