

**Surface:**  
Make sure  
your patients  
have the  
right support.

**Skin**  
Inspection:  
Early  
inspection  
means early  
detection.  
Show  
patients and  
carers what  
to look for.

**Keep your**  
patients  
moving.

**Incontinence/  
Moisture:**  
Your patients  
need to be  
clean and  
dry.

**Nutrition/  
Hydration:**  
Help patients  
have the  
right diet  
and plenty  
of fluids.

