

So much
more than
a bed sore

95% of
pressure
ulcers are
preventable
using SKINS



- S**urface: Make sure you're on a supportive surface
- K**eeP moving: Change your position often
- I**ncontinence: Keep clean and dry
- N**utrition: Eat healthily and drink frequently
- S**kin inspection: Check it isn't discoloured or sore

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