

# Pressure Injuries



promoting  
**healthy skin**

*Champions for Skin Integrity*



Change **position** frequently

Use a high specification **mattress** if at risk of pressure injuries

Use pillows and foam wedges to **protect** bony areas

Use an unscented, **soap-free** body wash

Eat a **healthy** nutritious diet



Do not use foam **rings** or donuts

Avoid rubbing or **massaging** over bony areas

Avoid any contact of heels or sacrum with hard surfaces





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CRICOS No. 00213J

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**This project is funded by the Australian Government Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program**