

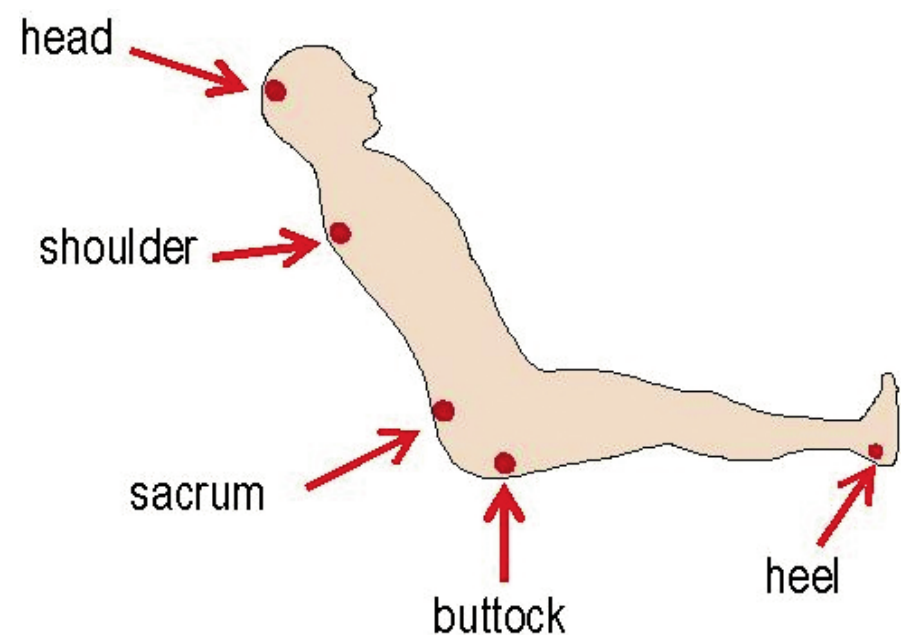
Pressure Ulcers – Information for Carers

The Facts ...

Did you know:

- Pressure ulcers can affect people of any age
- Many pressure ulcers are preventable
- The care you provide has a direct effect on pressure ulcers
- Early identification will prevent long periods of treatment and discomfort

Know The Pressure Points



These are the areas most at risk from developing pressure ulcers

How Can You Help

- **Be aware** – regularly check the skin of residents
- **Be careful** – how you handle a resident can affect their skin
- **Be cautious** – if you are concerned about a resident speak to a nurse or GP

Speak to a **nurse or doctor** if **you** think you
or **someone you** care for is at risk

If you need more information you can contact:

Zero Pressure Campaign
www.zeropressure.co.uk