

Pressure Points

Every day look for the skin's warning signs of beginning pressure ulcers:

- Stays red longer than 30 minutes
- Feels warm or firm to the touch
- Is blistered or broken

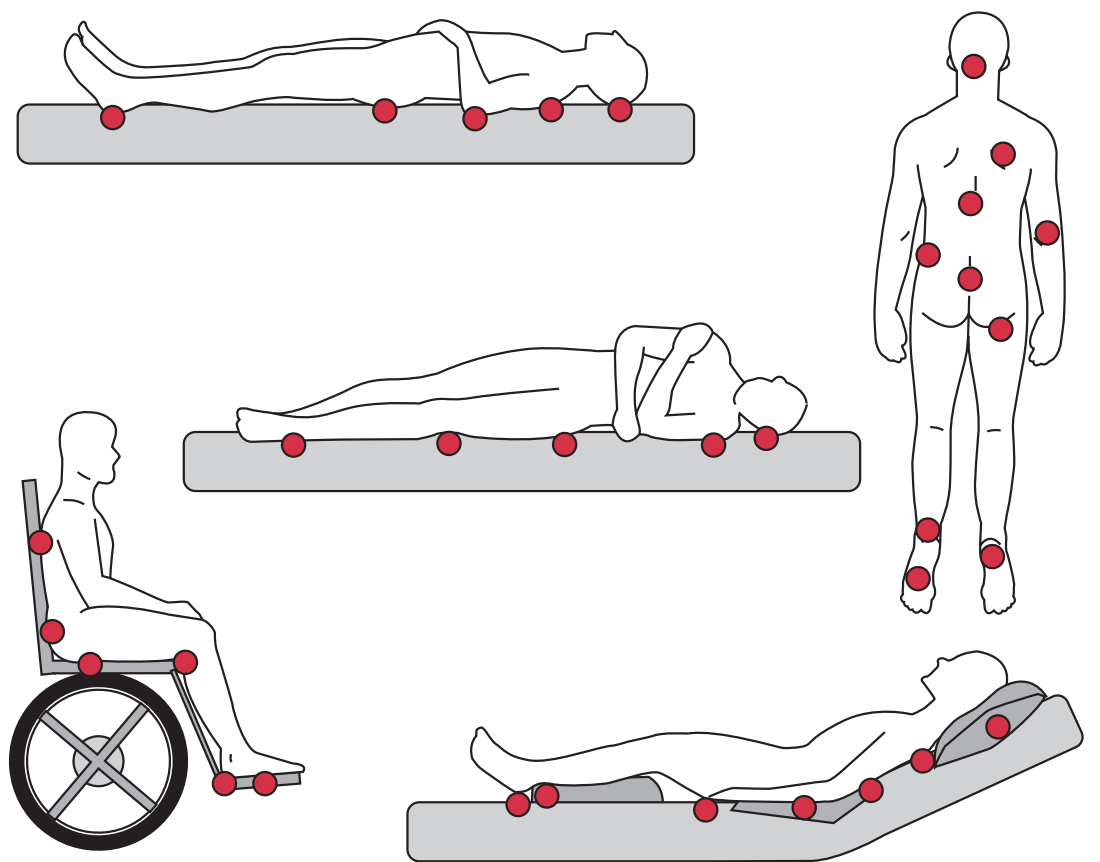
Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule
- Turn at least every two hours in bed
- Use pressure reduction devices on bed, heels, and chairs
- Use lift sheet or device to reduce shear and friction

Remember:

- Find out who's at risk
- Help residents eat right and drink fluids
- Keep the skin clean and dry
- Assess the skin daily
- Keep good records
- Make sure pressure is off the heels

● Red circles indicate pressure points



Proper Positioning for Pressure Ulcer Prevention

