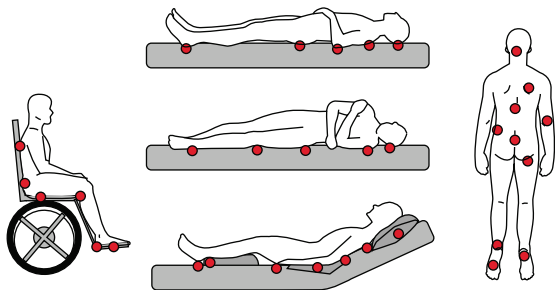


Pressure Points

● Red circles indicate pressure points



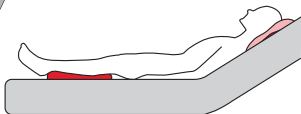
Remember:

- Find out who's at risk
- Help individuals eat right and drink fluids
- Make sure pressure is off the heels
- Keep the skin clean and dry
- Use moisturizing lotion daily on dry/scaly skin
- Inspect the skin daily
- Report skin changes
- Ensure documentation is thorough



Proper positioning

Turn to 30 degrees to remove sacral pressure



Head of bed elevation limited to 30 degrees or less



Proper heel placement

Pressure Injury Reduction Tips:

- Follow a written, individualized repositioning plan while in bed or chair
- Use pressure reduction/redistribution devices on bed and chair
- Float heels
- Use lift sheet or device to reduce shear and friction

Every day, look for the warning signs of beginning pressure injuries:

- Skin that stays red longer than thirty minutes
- Feels warm or firm to the touch
- Is blistered or broken