Keeping the Pressure off
a guide for pressure awareness

Ellie

Charlie

Chester
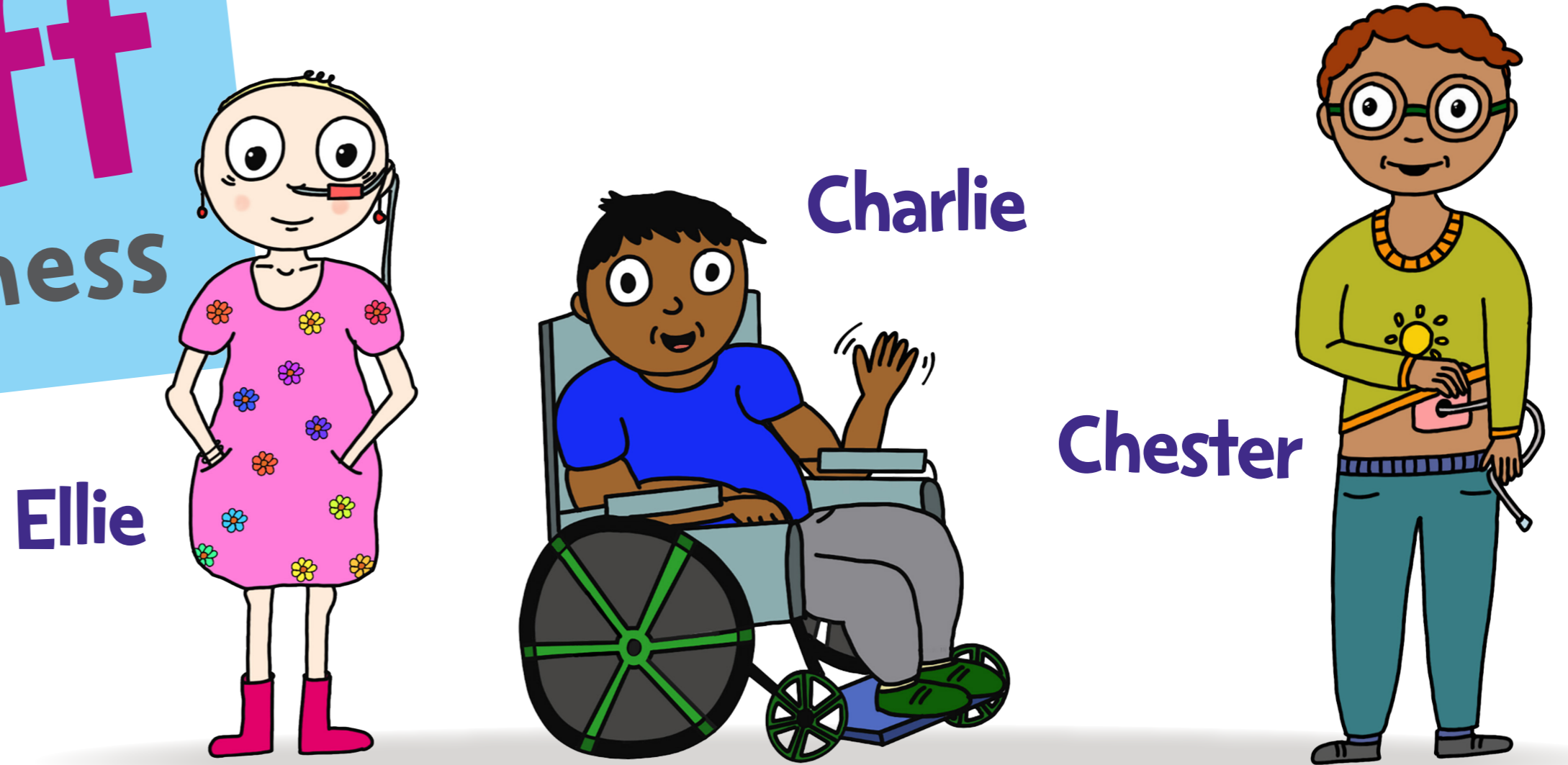
Check your skin.

Who can help you?

A parent, guardian, carer or healthcare professional.

How do you look?

Hot and cold areas

Swelling — parts of your body are bigger than usual

Hard skin

Blisters

Purple patches on dark skin
Red patches on light skin

Where do you sit and lay?

Is my mattress okay?

Have I grown?

Do I fit?

Where to look:
Top of your body

Top and back of ears

Bridge of nose

Back of your neck

Mouth
Chin

Shoulders

Middle of your body

Shoulders

Spine

Elbow

Wrist

Between your fingers

Palm of your hand

Lower body

Tops of feet

Bottom

Behind your knees

Heel

Keep moving -
you may need help

POD

Keep clean and dry

Barrier protection and soothing

Clean, pads, dry

Soap substitute

Deodorsing-fresh

Moisturising and cleansing

Are you having enough food and drink?

A healthy diet helps you get better

MILK