


Keep moving


You may need help


Are you having enough to drink?


Keep clean and dry

Barrier protection and soothing (only a pea sized amount)

Clean dry pads 

Soap substitute 

Deodorising fresh 

Moisturising and cleansing 

A healthy diet helps to keep you well

Who can you talk to?

Parents, guardian, carers

Someone at school

Your doctor or nurse

Keeping the pressure off a guide about pressure awareness

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.



www.leicspart.nhs.uk

Email: lpt.feedback@nhs.net

These simple steps can help to prevent pressure damage.
You can ask someone to help you read this leaflet.



Check your skin

Who can help you?
A parent, guardian,
carer or healthcare
professional

Where do you sit and lay?



Is my mattress/seat
padding comfy?
Am I comfortable?



Do I hurt after using equipment?

What do you look for?



Unusual areas of hot and
cold skin

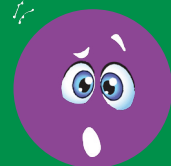
Swelling - parts of your body
are bigger than usual



Blisters



Hard, sore or
painful skin



Purple patches
on bony areas
of dark skin/
light skin



Red patches
on bony
areas of
light skin

Where to look?

