Stop your skin taking damage
React to red
prevent pressure ulcers with these simple steps

Surface
Keep moving
Inspect
Nutrition

Pressure ulcers (bed sores) must be taken very seriously.
Please follow our advice overleaf to prevent skin damage.

www.berkshirehealthcare.nhs.uk
**React to red**
**It’s a wake-up call**

**Category 1** - Red, warm or cold sore skin.
**Category 2** - Broken, painful, shallow wounds or blisters.

**Category 3** - Deep open wounds fatty tissue may be visible.
**Category 4** - Deep open or closed wounds extending into muscle, bones and tendons.

**Surface**
- Don’t lie or sit on anything too hard and the surface must be as smooth as is possible.
- If you can, use a pressure relieving mattress or cushions (an alarm sounding may mean your mattress/cushion is faulty, report this straight away).

**Inspect and protect**
- Check your skin for any red areas, particularly your bottom and heels. If you see any red, contact your healthcare professional.
- Keep your skin clean (no perfumed soaps) and dry. Use a barrier cream to protect vulnerable areas.

**Keep moving**
- Keep moving – at least every two hours (stand up, walk, turnover, lean from side to side, lift heels).
- Don’t lay on boney parts of your body, never use your heels to push yourself up or stop yourself sliding down.
- Don’t slump in your chair.

**Nutrition and hydration**
- Drink plenty of water and eat a balanced, healthy diet (vegetables, fruit and pulses).

**It’s everyone’s business**

*Healthcare from the heart of your community*