

# NO PRESSURE YOUR SKIN MATTERS

## A SMALL SHIFT CAN PREVENT PRESSURE INJURIES

IN BED, SHIFT  
EVERY 2 HOURS

WHEN SEATED, SHIFT  
EVERY 30 MINUTES



**Talk to your health professional to find out more**

[nzwcs.org.nz/pressureinjuries](http://nzwcs.org.nz/pressureinjuries)



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