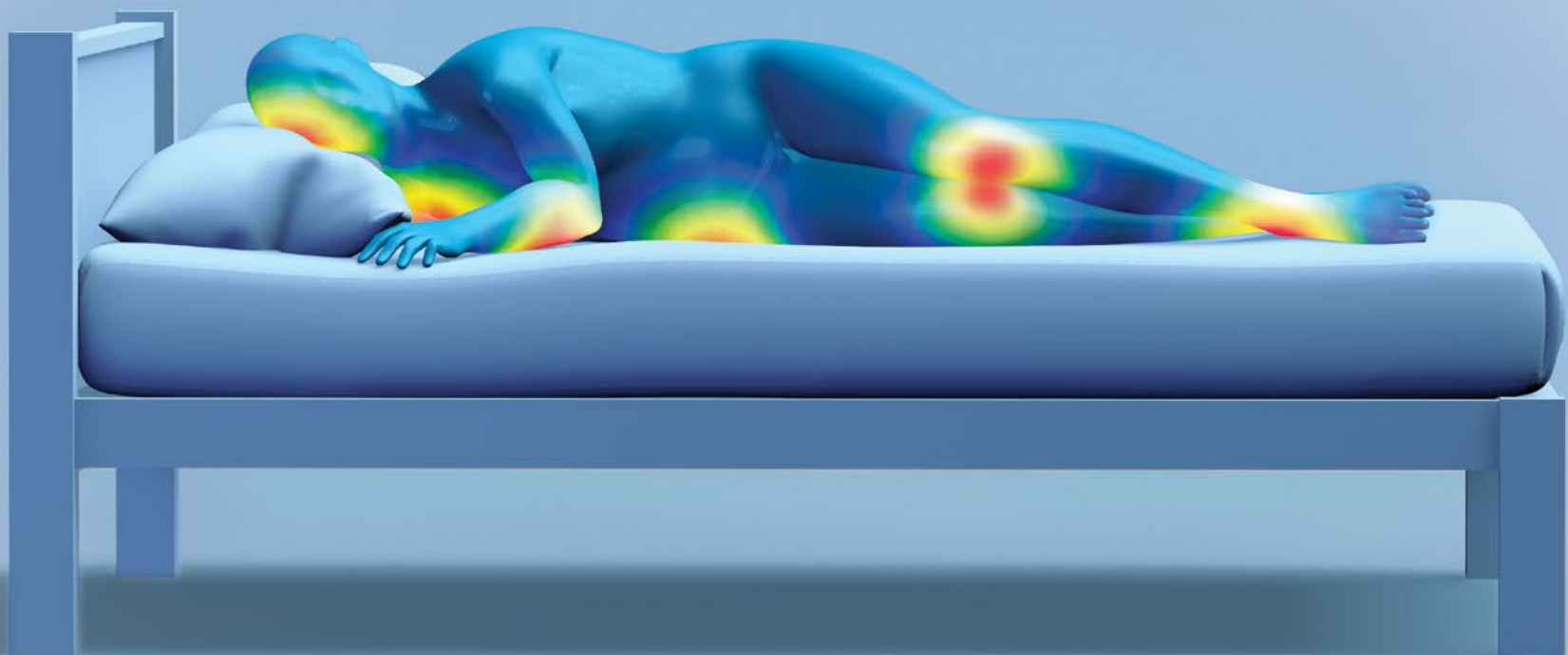


NO PRESSURE YOUR SKIN MATTERS

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



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