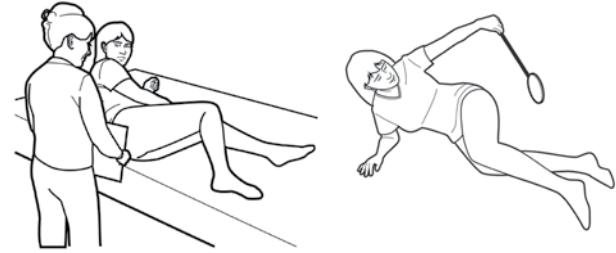


Completing Your Daily Skin Checks

Remember: Make sure you or your support person checks your skin twice a day minimum (morning and evening).

Instructions

1. Undress and ensure you are in a well-lit area. Get in a comfortable position where you can see your body (or someone else can).



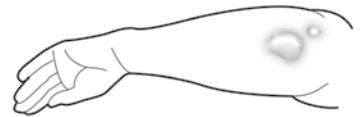
2. Gather your visualization aid (mirror/phone camera). Ask a caregiver, friend or family member if you need help.

3. Using the common sites of pressure injuries diagram on the back side of these instructions, check all areas of your skin especially areas where you can easily feel the bones close to the skin.



What to look for:

- **changes in temperature (warmer or cooler)**
- **swelling**
- **firmer or softer than the skin around it**
- **changes in skin colour: pink or red on light skin, blue or purple on darker skin**
- **blistering/tearing/scabbing**



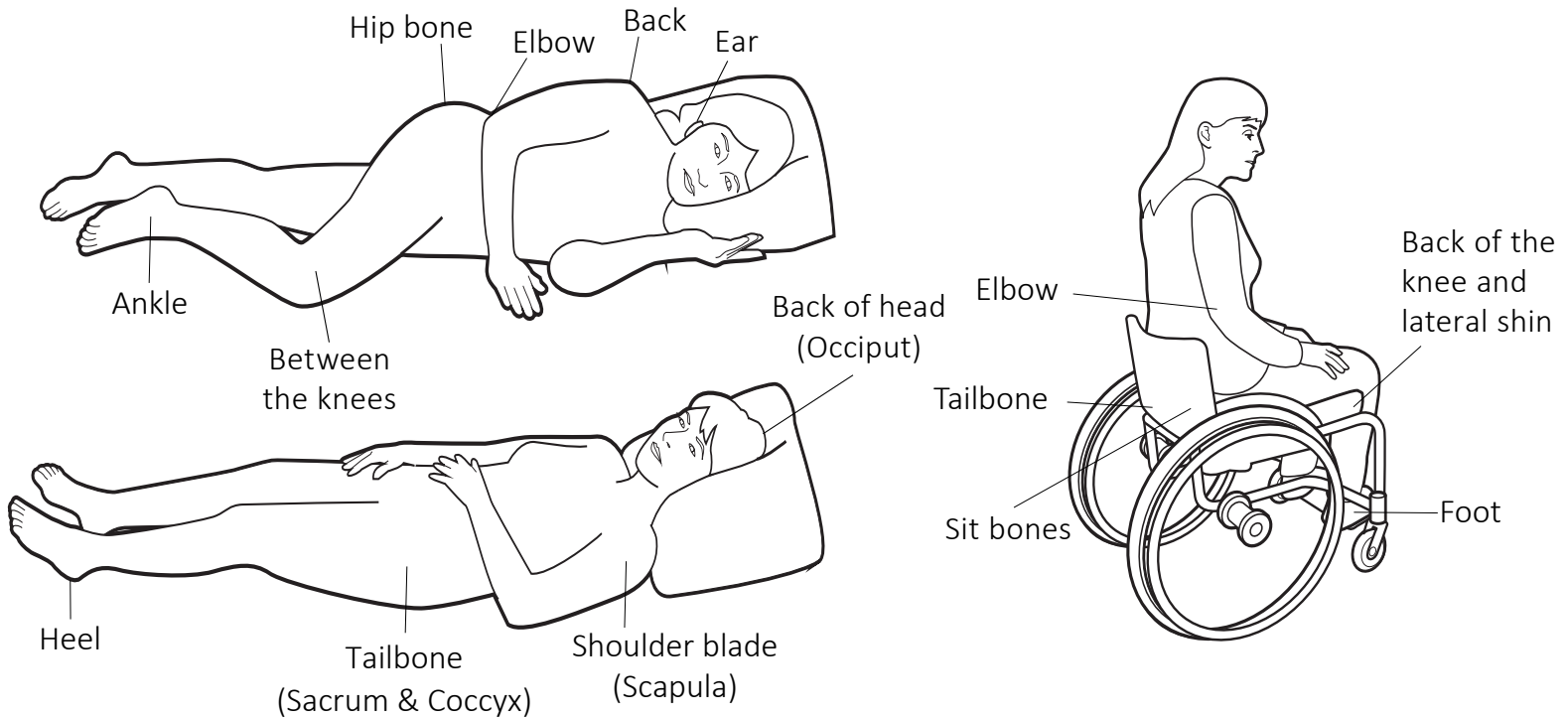
4. Continue to complete this check **twice/day** even if there are no changes in your skin



5. If you **DO** notice any of the above changes:

- Take a daily picture and keep track of any problem areas or previous injuries in a logbook. You can also use the diagram on the back side of these instructions.
- Follow-up with your care provider/home care.
- Continue regular skin checks twice a day and closely monitor.
- Identify the source of the pressure/friction: Malfunctioning equipment, transfers, positioning etc. Be diligent with your pressure relief strategies and change positions often. Pressure-relieving movement should last one to two minutes and should be done every 15 minutes.

Common Sites of Pressure Injuries



Did you or someone else check your skin from Head-to-Toe TODAY?

Yes No Don't know

Adapted from Common sites of Pressure Sores (© Spinal Cord Injury Ontario, 2022)



Scan the QR code for more information on skin checks and prevention of pressure injuries.

(rev . 01/2023)