



Steps for Preventing Pressure Injuries

when wearing PPE

1.

Wash your face with a pH balanced cleanser and dry it well

2.

Apply a barrier cream 1-2 hours prior to Donning

3.

Aim to reduce shear and friction by selecting the correct size mask

4.

Avoid wearing makeup

5.

Limit the length of time that PPE is worn. Remove every 2 hours for 15 minutes.



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Remember to complete a fit check each time you reapply a respirator mask