

Daily Skin Check Checklist

(One-page printable checklist for families and carers)

A simple guide for families and carers

Daily skin checks help identify early changes that may appear before pressure sores develop. These checks take only a few minutes and can be included in morning or evening routines.

How to Use This Checklist

Check the skin once or twice a day in good natural light. Use a gentle touch and compare both sides of the body where possible.

Tick each section as you complete it.

Areas to Check

Tick the areas you have checked today:

- **Heels**
 - **Ankles**
 - **Lower back and base of the spine**
 - **Hips**
 - **Shoulder blades**
 - **Elbows**
 - **Back of the head (if the person rests in bed often)**
 - **Any area that has been resting on a surface for a long time**
-

What to Look For

Tick any signs you notice:

Colour changes

Pressure Sores Information

<https://pressuresoresadvice.co.uk>

- Red patches
- Darker areas
- Pale or discoloured skin

Temperature changes

- Warmer than surrounding skin
- Cooler than surrounding skin

Changes in firmness

- Area feels unusually firm
- Area feels softer than normal

Sensitivity

- Tenderness when touched
- Reports of discomfort

Moisture or dryness

- Skin that seems unusually dry
- Skin that seems unusually damp

Notes

Use this space to record anything unusual or changes over time:

.....

.....

.....

.....

Daily Check Complete

- ☐ Morning check complete
- ☐ Evening check complete

Useful Guides:

- **Pressure Sores Information Overview** - <https://pressuroresadvice.co.uk/pressure-sores-information/>
- **Early Observations Guide** - <https://pressuroresadvice.co.uk/early-observations/>
- **Prevention Basics Guide** - <https://pressuroresadvice.co.uk/prevention-basics/>
- **Prevention Basics Guide (PDF)** - <https://pressuroresadvice.co.uk/pdf/prevention-basics-guide.pdf>