

SHOE SAFETY CHECKLIST

Falls are preventable. Reduce your risk of falling by changing the type of shoes you wear and complete this checklist to see if you need safer shoes. Poorly fitted footwear and foot pain can influence falls.



No

Do your shoes fit well?	
Do you mostly wear flat shoes?	
Does the sole of your shoe bend at the ball of your foot, not the arch?	
Does your shoe have a textured sole?	
Does your shoe have a firm heel collar?	
Does the heel have a rounded edge?	
Does your shoe fasten to your foot with laces, straps, elastic, velcro or buckle?	



Please take this checklist to your Podiatrist or GP to discuss ways to reduce the risks.





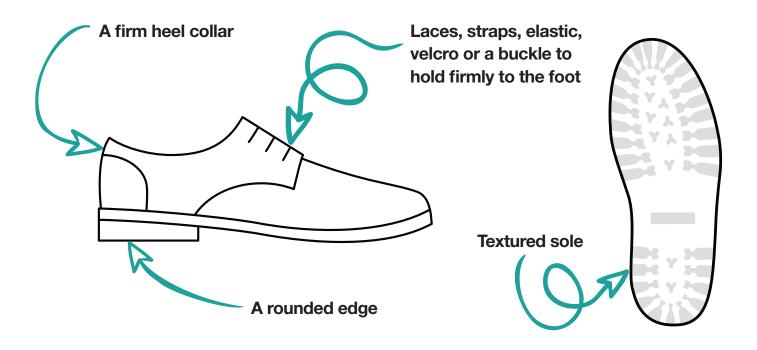


For more information call Stay On Your Feet® on **1300 30 35 40** or visit us at **www.stayonyourfeet.com.au**

Remove Hazards

WHAT MAKES A SAFE SHOE?

NOTES:



- Take care of your feet to help you stay active and mobile.
- Check your feet regularly and see a podiatrist if you notice any changes.