

BE SAFE

Safe footwear checklist

- Fit properly
- Lace-up or Velcro (to hold your foot in place)
- Non-skid soles
- Low heel
- Firm heel collar to provide stability
- Thin, firm midsole so you can 'feel' the ground
- Broad, flared heel to maximise contact with the ground

For more information please speak to your nurse, Physiotherapist, Podiatrist or Occupational Therapist.

Partnering with Consumers - Standard 2

Consumers and/or carers provided feedback on this patient information.

Comprehensive Care - Standard 5

Preventing Falls and Harm from Falls. The risk of falls and harm from falls is higher for people with impaired vision, poor balance, muscle weakness, reduced bone density and taking some medications.

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*Inspired
by
You*

Safe footwear
for your stay
in hospital

SAFE SHOES



- ✔ Properly fitting
- ✔ Lace-up or Velcro (to secure the foot in the shoe)
- ✔ Non-skid soles
- ✔ Thin, firm midsole so you can 'feel' the ground
- ✔ Firm heel collar to provide stability
- ✔ Broad, flared heel to maximise contact with the ground



UNSAFE SHOES



- ✘ Can slip off while walking
- ✘ No support for your feet
- ✘ No heel support
- ✘ Slippery soles
- ✘ Trip hazard

Always wear low heeled and non-slip shoes that fit you well rather than slippers or thongs whenever you are walking or need to step transfer.



NON-SLIP SOCKS

Non-Slip socks may aid as a temporary measure in the prevention of falls. Please let a staff member know if you would like a pair.



SHOE BANK PROGRAM

St Vincent's have a Shoe Bank program. If you are eligible, we can give you good quality, safe shoes while you are in hospital. You can take them home with you as well.

[Speak to your nurse for further information.](#)

Eligibility criteria includes

- You live alone
- Have a low income
- You do not have other safe shoes to wear

STAY SAFE

We want you to have a safe and pleasant hospital stay. Unsafe footwear can lead to falls and result in serious injury.

We hope that you, your family or carers will try to bring you appropriate footwear for your hospital stay.