

## SAFE SHOE CHECKLIST

### HEEL

- Have a low heel ( less than 2.5 cm) to ensure stability and better pressure distribution on the foot. A straight through sole is recommended.
- Have a broad heel with good ground contact

### SOLE

- Have a cushioned flexible , non- slip sole
- Rubber soles provide better stability and shock absorption than leather soles.

### WEIGHT

- Be lightweight

### TOE BOX

- Have adequate width, depth and height in the toe box would allow for natural spread of toes
- Have approx 1 cm space between the longest toe and the end of the shoe when standing

### FASTENINGS

- Have laces, buckles, elastic or Velcro to hold shoe securely onto foot

### UPPERS

- Be made from accommodating material- leather hold its shape and breathes well
- Have smooth and seam free interiors

### SAFETY

- Protect feet from injury

### SHAPE

- Be the same shape as the feet without causing pressure or friction on the foot

### PURPOSE

- Be appropriate for activity being undertaken during their use
- Sports or walking shoes maybe ideal daily wear
- Slippers generally provide poor foot support and maybe only appropriate when sitting