Prevent falls with safe shoes

Look for these features:

- **Firm heel cup** provides support when walking.
- **Low, wide heels with rounded edge** provides more contact with the ground and prevent slipping.
- **Laces, buckles or velcro fastenings** hold the foot more firmly.
- **Wide and deep toe box** allows plenty of room for toe movement and comfort.
- **Correct length** allows normal foot function.
- **Thin soles with tread** enables your feet to ‘read’ the underlying surface and prevent slipping.

**Talk to a podiatrist or footwear specialist. Invest in your safety and comfort.**

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