

# SHOES—PUTTING ON AND TAKING OFF





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## SAFETY TIPS

### Safety Tips

- The use of a long handled shoe-horn is recommended to reduce stress on your back.
- Footwear should be well fitting and safe, i.e. have non-slip soles, broad heels and fit securely.
- Care should be taken when moving into the lowered position on a stool or in a squat to help with shoes. Risk of injury is great during this time.

## CARER'S POSITION



Squat down close to the person's feet or sit on a stool with the person's feet resting in your lap.

Shoes with Velcro tabs or elastic laces may be easier to put on and take off.



### **WARNING**

**Do not bend like this—it is bad for your back.**



**Sock and Stocking Gutter Aid**



**Long Handled Shoe-Horn**

There are several aids available for taking off and putting on socks and shoes. For further information consult your health provider.



**Boot Jack—shoe removing aid**