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.

Let’s give falls a brake!
Non-slip socks aid in the prevention of falls. Please let the staff know if you would like a pair. Socks are also available to purchase from the kiosk.

Non-slip socks are important during your stay in hospital.

Safe shoes are important during your stay in hospital.

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.

Unsafe shoes can cause falls!