

PREVENT SLIPS, TRIPS, AND FALLS



Replace worn-out footwear

Is it time to replace your footwear?

Slips occur when there is too little traction between your shoes and the walking surface. Wearing shoes that are in good condition can help prevent slips, trips, and falls.



New shoes with no signs of wear

A rule of thumb (or is it a rule of toe?): Replace your shoes when you can place two pennies on the shoe sole and the area of the shoe covered by the pennies has been worn smooth.



These shoes show some signs of wear, but do not yet need to be replaced.

A few other reasons to replace footwear:

- Cracks in the sole go all the way through.
- Chunks or pieces of the sole are missing.
- The sole begins to separate from the upper.
- The fabric or leather on the top of the shoe develops holes.



It's definitely time to replace these shoes.