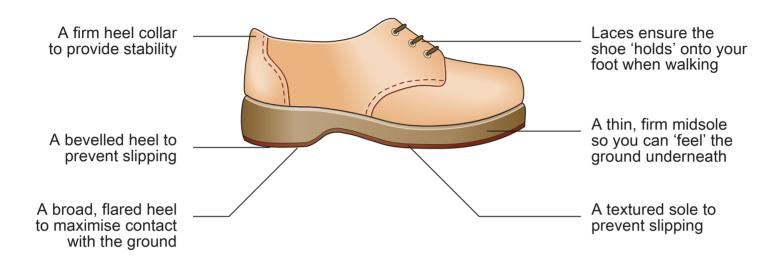
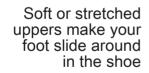
SAFE AND UNSAFE SHOES

FEATURES OF A SAFE SHOE

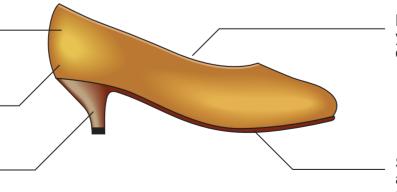


FEATURES OF AN UNSAFE SHOE



High heels should be avoided as they impair stability when walking

Narrow heels make your foot unstable and can cause ankle sprains



Lack of laces means your foot can slide out of your shoe

Slippery or worn soles are a balance hazard, particularly in wet weather

