

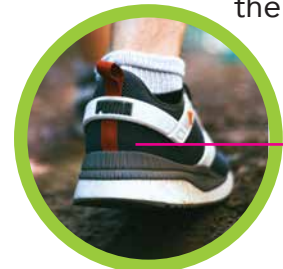
CHOOSING THE RIGHT SHOES CAN PREVENT FALLS



✗ Shoes without heel support, e.g. slippers do not provide support and your feet can slide out of the shoes



✗ High heel shoes impair balance



✓ Heel counters can provide support and stability



✓ Anti-slip and ridged shoes can prevent falls

✓ Choose shoes that let you feel the floor surface, with thin yet firm midsoles

✓ Ensure there is sufficient space between the longest toe and the front end of the shoe (about 1.5cm)



Scan Me

Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling
tinyurl.com/SLECFallrisk



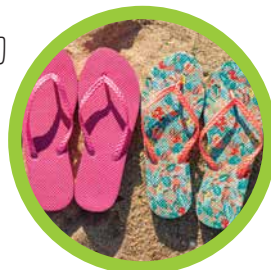
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Visit our falls prevention page to view our falls prevention video and info sheets
tinyurl.com/SLECFallprev

选择合适的鞋可以防止摔倒



❌ 没有后跟稳定器或支撑的鞋子，如拖鞋或夹脚趾拖鞋，不能提供足够的支撑，而且双脚随时可能滑出鞋外



✅ 选择鞋有后跟稳定器支撑

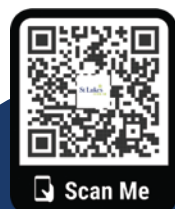
✅ 选择能让您感觉到地面的，薄而牢固的鞋底夹层的鞋子

❌ 高跟鞋降低稳定及平衡

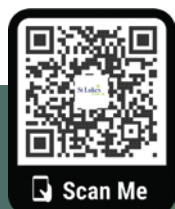


✅ 防止双脚随时可能滑出鞋，避免穿拖鞋或夹脚趾拖鞋

✅ 确保鞋内的脚趾部分有足够的空间提供足够支撑(1.5cm 左右)



要知道自己或亲人有跌倒风险，
请使用此问卷
tinyurl.com/SLECFallrisk



请上我们防止跌倒网页
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