

# Step Smart: Choosing Footwear That Keeps You Upright

When it comes to preventing falls, what you wear on your feet really matters! The right shoes can help you stay steady, confident, and active — while the wrong ones can put you at risk. So, what should you look for in safe, supportive footwear?



Smart shoe tips to help you stay steady:

- Choose a **broad, solid heel** for better ground contact.
- Look for a **firm heel collar** for ankle support.
- A **thin, firm midsole** helps you feel the ground and stay balanced.
- **Textured soles** grip surfaces like tire tread.
- **Laces or secure straps** keep shoes snug and stable.

Watch your step – some shoes can raise your fall risk:

- Avoid **slippery, thin soles** that slide easily.
- Skip **loose shoes** without laces or straps.
- Ditch **flip-flops and flimsy slippers** – they lack support.
- Say no to **high heels** – they throw off your balance.

Choose shoes that support you – not just your outfit!

## Features of an Unsafe Shoe



Your shoes are your foundation. Good, supportive footwear give you grip, keep your feet secure, and help you handle changes in flooring – from hardwood to carpet to outdoor paths – with confidence.

**You've got places to go – let's make sure your footwear keeps up! Learn more at:**

