

# Safe Feet and Footwear Checklist

## A screening tool for Health Professionals

### 1. Does the client have:

Foot problems? e.g. corns, bunions, poor nail health, frail skin, swelling, neuropathy, diabetes or poor circulation	<input type="checkbox"/> No .....
	<input type="checkbox"/> Yes: .....
Inappropriate, poorly fitting or worn footwear?	<input type="checkbox"/> No.....
	<input type="checkbox"/> Yes: .....

What footwear is worn at home most of the time?

Shoes       Slippers  
 Barefoot       Other .....

### 2. Does the client's footwear appear to be: (*'No' indicates falls risk present*)

Item	Descriptor	Yes	No	N/A
<b>Heel</b>	Low (<2.5cm).			
	Wide			
	Enclosed heel with supporting collar (i.e. not sling back sandals or thongs)			
	Firm heel counter (inner reinforcement of heel cup)			
<b>Sole</b>	Cushioned, flexible, nonslip			
	Thin enough to allow sensory reading of ground/floor			
	Straight-through (i.e. not separate from heel)			
<b>Weight</b>	Lightweight			
<b>Toe box</b>	Wide, deep, high enough to allow spread of toes			
	1 cm space in front of longest toe when standing			
<b>Fastenings</b>	Buckles, laces or Velcro for secure hold			
<b>Uppers</b>	Material moulds well to foot, breathes well			
	Smooth, seam - free interiors.			
<b>Protection</b>	Protect feet from injury (e.g. if object dropped on foot)			
<b>Shape</b>	Same as foot, no pressure or friction to foot			
<b>Purpose</b>	Appropriate to activity and mobility surface			
<b>Orthoses</b>	Comfortable, no pressure areas, fit easily in footwear (mark N/A if not required)			
<b>Socks</b>	Wide-mouthed (cuffs are not tight)			
	Safe seams (do not cause pressure)			

### 3. Would the client benefit from:

Referral to a Podiatrist?      No      Yes       Completed  
Referral to an Orthopaedic Shoemaker?      No      Yes       Completed  
Advice on safe footwear?      No      Yes       Provided

(Refer to SA Falls & Falls Injury Prevention 'Fact Sheet 6 – Comfy Feet Go a Long Way')

This tool was adapted from various sources including:

Australian Commission on Safety and Quality in Healthcare (2009). *Preventing Falls and Harm from Falls in Older People: Best Practice Guidelines for Australian Community Care*. Chapter 9, p63. Appendix 2, p135. Appendix 4, p143.

NSW Health Fact Sheet. *A Guide to Safe Footwear to Prevent Ulcer Development*. [www.nscchealth.nsw.gov.au/services/wound.care/09771Footwear.pdf](http://www.nscchealth.nsw.gov.au/services/wound.care/09771Footwear.pdf)



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