PROPER FOOTWEAR IS ESSENTIAL FOR FALL PREVENTION

WHEN BUYING NEW BOOTS:

- Wear the socks that you plan to wear regularly.
- Try on new boots late in the day when your feet are most swollen.
- Invest in high-quality inserts to prevent pain and fatigue.
- Check for strong ankle support.
- Measure both feet.
- Try standing on tip-toes to ensure toes have room.
- Purchase new boots every one to two years.

RECOMMENDED FEATURES:

- Waterproof leather
- Low wide heel
- Removable insulated insoles
- Shearling-lined insulation
- Flexible rubber soles
- Nylon or fiberglass shanks instead of steel shanks to protect your feet from the cold.
- New, never worn boots.