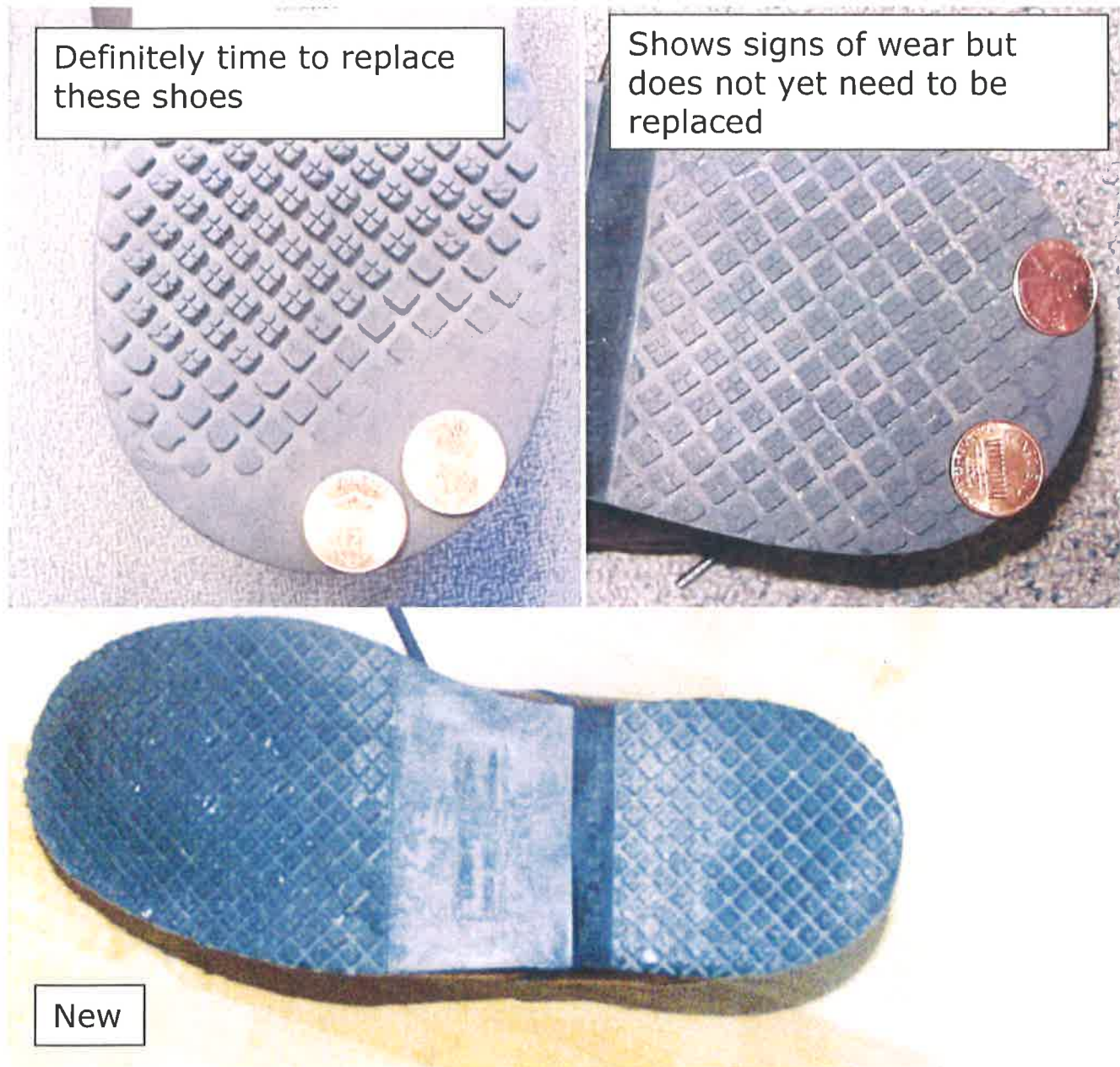


Prevent slips and falls. Replace worn-out footwear.

Is it time to replace your footwear?

Slips occur when there is too little traction between the footwear and the walking surface. Wearing shoes that are in good condition can help prevent slips, trips and falls.

A rule of thumb: Replace your shoes when you can place two pennies on the shoe sole and the area of the shoe covered by the pennies has been worn smooth.



In addition to the 'two penny rule', there are many reasons why footwear may need to be replaced. A few examples of some of the other reasons to replace footwear include:

- there are cracks in the sole that go all the way through
- chunks or pieces of the sole are missing,
- the sole begins to separate from the upper,
- the fabric or leather on the top of the shoe develops holes.