

Care and maintenance

- Non slip socks are for individual patient use only.
- It is recommended that you are given at least 2 pairs so that one can be taken home by family or carer to be washed whilst wearing the second pair.
- Hand wash non slip socks in warm water using a mild detergent.
- Air dry out of direct sunlight.
- **Do not** bleach or tumble dry.
- Non slip socks **must not** be put through the hospital laundering system as it may damage the thread.

Replace your non slip socks when:

- The tread on the sole is peeling or wearing off.
- The elastic in the top of the sock is becoming loose.
- Socks are falling down.

For further information on safe footwear ask for a copy of this brochure:

Choose the Right Shoes

Don't go head over heels!



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Acknowledgements:

Central Coast In-Hospital Falls Committee
Northern Sydney and Central Coast Acute/
Sub-Acute Falls Prevention Committee
Central Coast Local Health District
Northern Sydney Local Health District

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Non Slip Socks

A guide for Patients and Carers



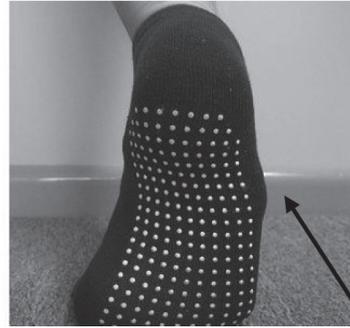
Importance of safe footwear

- Falls in hospital can be serious as they can lead to injuries and a longer hospital stay.
- Unsafe footwear can lead to a fall.
- Wearing safe slippers or shoes is important to reduce your risk of a fall.
- It is best if you have safe footwear brought in for you.
- Sometimes your usual safe slippers or shoes cannot be worn due to foot problems such as swelling, and soreness.
- If you cannot wear safe shoes or slippers then you are not encouraged to walk around the ward in just your usual socks, or surgical stockings.
- Socks and surgical stockings are slippery and can put you at risk of a fall.

Non slip socks

- Non slip socks may be offered to you as an alternative if you do not have or cannot wear safe footwear.
- Non slip socks are simply a fitted sock with a slip resistant tread applied to the sole.

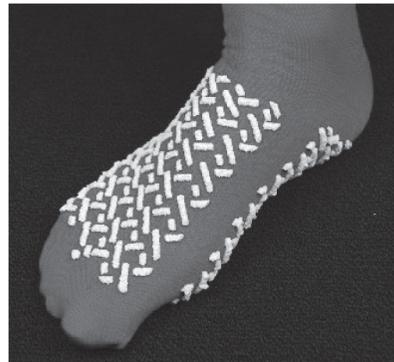
Non slip socks characteristics



Traction tread on the top & sole of the foot and formed heel to stop sock slipping around the foot



Snug fit around the ankle



All have tread top & bottom

How to wear non slip socks

- A snug comfortable fit is recommended ensuring that the non slip socks are not loose around the ankle and that the tread pattern will stay in place.
- The tread pattern must align with the sole of your foot.
- You should check that your sock has not slipped around on your foot.
- Non slip socks are not designed to be worn with footwear or outdoors.
- They can be worn over surgical stockings.

Special considerations

- If you have a shuffling gait you maybe at higher risk of falling if you wear non slip footwear on some types of flooring.
- You may require a referral to a physiotherapist or occupational therapist for further assessment before using non slip socks.

