

Always check your shoes & socks

Check for things which can damage your feet

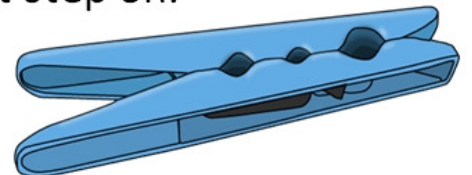
Look for grass seeds in your socks

Pick out the seeds



Grass seed

Look for the pegs on the floor you might step on.



Have inside & outside shoes. One of each.



Protect your feet



Sand
(Even fine sand)



Shells



Barbed wire

Small stones

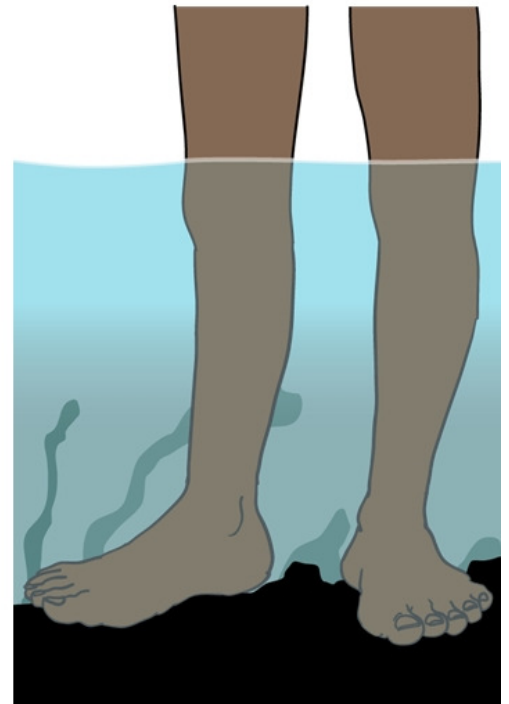


Rocks



Thorns

Look out for things which can damage your feet



No walking on the reef or in rivers

If you have nerve damage WEAR YOUR SHOES ALL THE TIME



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource
















Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

Notes:

The resource can be printed A3 or A4 size and then laminated.

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Levels



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