

	I have done this	I need to do this	This does not apply to me
<i>Does your clothing fit properly?</i>			
Wear pants that don't drag on the ground (pants should be at least one-half inch off of the ground)			
Wear close-fitting garments; avoiding drapey, big or bulky clothes. They might get caught on furniture or other things and cause a fall			
<i>Is your footwear appropriate?</i>			
Avoid walking barefoot			
Wear shoes that fit (not too big or too small)			
Wear flat-heeled shoes that support the ankle			
Wear shoes with traction while walking outdoors			
Wear non-skid slippers			