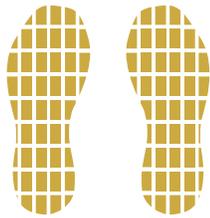


CHECK YOUR SHOES

1 or 2 times a month

CHECK THE TREAD



Worn spots mean reduced grip and traction, increasing the chance of slipping.

CHECK THE HEEL



The outside edge of the heel tends to wear faster and can create stability issues.

CHECK FOR SEPARATION



If the sole and upper start to separate or have holes, they need to be replaced.

CHECK HOW YOU FEEL



Shoes don't last forever. If you notice new minor aches and pains, get a new pair.



STATE
COMPENSATION
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