

Foot Care Checklist

See how well you take care of your feet. Check the box that describes your habits. The more “yes” boxes you check, the safer your feet will be.

Foot Care Habits	Yes	No
I check my feet each day for cuts, cracks, splinters, blisters, calluses and redness.		
I call my doctor if a foot problem does not heal in one week or if redness spreads.		
I take off my shoes and socks each time I have a checkup so my feet can be examined.		
I wash my feet each day in warm (NOT HOT) water with mild soap. I dry them well.		
My toenails are trimmed straight across and the edges are smoothed with an emery board.		
I rub lotion or oil on the tops and bottoms of my feet but not between the toes.		
I wear soft, dry socks and shoes or sandals with good support that fit well.		
I check the inside of my shoes for unwanted objects before I put them on.		
I prop up my feet while sitting and move my toes and ankles every few minutes. I cross my legs at my ankles, not at my knees.		
I keep my blood sugar under control with proper eating, activity, and medicine if needed.		
I shop for shoes in the afternoon or evening.		
I never go barefoot even at home.		

For more information visit: “Take Care of Your Feet for a Lifetime”
http://www.ndep.nih.gov/campaigns/Feet/Feet_overview.htm

Preventing Foot Injuries on the Job

1. Look for and avoid hazards on the job.
2. Do your job and use equipment and tools correctly.
Don't take short cuts.
3. Don't rush; pace yourself.
4. Wear safety shoes or boots that are designed for the job. These may be steel-toed shoes, special boots that resist chemicals, insulated boots for heat or cold, shoes that don't conduct electricity, or waterproof boots.
5. Report any injury to your supervisor and have it treated right away. Follow up with a podiatrist (foot doctor) if needed.

Diabetic Foot and Skin Care

Why Worry?

Poor control of blood glucose (sugar) increases risk for skin and foot infection. Nerve damage due to diabetes also makes you less likely to feel pain. If the foot or skin is injured, wounds may heal slowly. If the wound is not treated correctly, severe infection may occur, leading to gangrene and amputation.

What Needs to Be Done?

Wash your feet and skin daily with gentle soap. Test the water with your elbow (not your hand or foot) to make sure it is not too hot. Pat yourself dry. Use lotion on your feet and skin, but not between your toes. Lotion between the toes helps germs to grow.

Inspect your feet and skin daily. Look for the following signs:

- | | | |
|----------------|------------|-----------------|
| ☹ red spots | ☹ dry skin | ☹ calluses |
| ☹ flaking skin | ☹ cuts | ☹ ingrown nails |

If you cannot see your entire foot, use a mirror or have someone else look for you. Call the doctor if you are concerned about any wound. If the problem is serious, you may need to see a podiatrist, who specializes in foot care, or a dermatologist, who treats skin problems.

To prevent foot injuries:

- Never go barefoot, even for a short distance, and even at home.
- Wear socks that are padded without seams made of fibers that wick away moisture.
- Shop for shoes in the late afternoon, when your feet tend to be slightly swollen.
- Always wear comfortable shoes that have been broken in slowly.
- Wear low-heeled shoes with good arch support and a wide toe base.
- Rarely, if ever, wear high-heeled shoes. Shoes should have flexible soles.
- Wear shoes made from soft leather or athletic shoes. Always wear socks.
- Shake out your shoes before you put them on, to remove any object that may have gotten into them, such as a pebble or tack.
- Cut toenails straight across and file off rough edges. Have a podiatrist (foot doctor) or nurse trained in foot care do this if your nails are too thick to cut.
- Have a doctor treat corns, calluses, or ingrown toenails. Never treat them yourself.
- Wear cotton or wool socks to keep your feet warm and dry.

- Throw away heating pads and hot water bottles. They could burn your feet and skin.
- Each time you see the doctor, take off your shoes and socks and ask for a foot exam.

Most of all, get your diabetes under good control. You may need help from your medical team with your meal plan, exercise or diabetes medicine. All the foot and skin care in the world is worthless if you don't manage your diabetes well.

Questions to Answer:

1. Do I inspect my feet daily for wounds or infection? *(Look at the top, bottom, and sides of your feet. Also look between your toes. Use a mirror to help you see better.)*
2. Do I wash and care for my feet and skin properly?
3. Does my doctor examine my feet each time I visit?
4. Do I choose the right socks and shoes?
5. Is there anything I can do to improve my diabetes control?

Shoe-Fitting Recommendations

1. Have your foot measured when you are standing.
2. Size varies depending on the manufacturer.
Always try more than one size to find the best fit.
3. Try on both shoes and walk around to be sure both shoes are comfortable.
4. Allow at least a thumbs width of space at the end of your longest toe in the shoes you select. Make sure you can wiggle your toes.
5. Try the shoes on with the type of socks you will wear.
6. Choose leather uppers, a stiff heel, inside cushioning, and flexibility for the ball of the foot.

