

Put a Sock on It!



Did you know that a study in New Zealand demonstrated that putting socks over your shoes reduces your chances of slipping on snowy and icy, wintery surfaces? According to an article published in the New Zealand Medical Journal, "*researchers found that wearing socks over normal footwear was associated with a statistically significant improvement in traction*". The practice of wearing socks over shoes is popular in New Zealand and advocated as a way to avoid slips on icy mornings.

"Wearing socks over shoes appears to be an effective and inexpensive method to reduce the likelihood of slipping on icy footpaths".

So put your old, stretched out socks to good use this winter in an effort to reduce your chances of a slip and fall injury!



Wear **black** socks over your shoes if you don't want to draw attention to yourself. 😊

This "sock over shoe" technique was also demonstrated on YouTube®. Type "*Socks over Shoes. Safe Danger: Ice*" into the search browser to watch the video clip.



Source: Journal of the New Zealand Medical Association, 03-July-2009, Vol 122 No 1298