

## Putting On Socks

- Follow infection control procedures
- Ensure the client's privacy and dignity
  
- Have the person sit in a suitable chair or appropriately positioned in bed
- Kneel down in front of them
- Rest their feet on your legs, are they comfortable?
- Roll the top (open end) of the sock half way down the sock
- Slide the sock along their foot so their toes reach the closed end of the sock - is it comfortable for them?
- Raise the foot slightly and guide the rest of the sock up their ankle and up their leg as far as it will comfortably go - is it comfortable for the client?
- Repeat with the other foot

