

Delivery drivers:

the importance of proper footwear

Takeaways

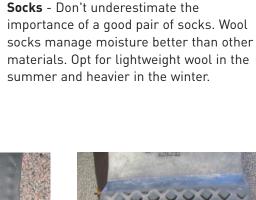
- Start out the job with the right pair of shoes.
- Replace your shoes when:
 - They can no longer pass the penny test (Put two pennies on the worn part of the shoe sole. If any of the worn part shows up around the two pennies, it's time for a new pair of shoes.)
 - Cracks in the sole go all the way through.
 - Chunks or pieces of the sole are missing.
 - The sole begins to separate from the upper.
 - The fabric or leather on the top of the shoe develops holes.

Delivery drivers take thousands of steps every day. That's why it's critical to wear and maintain proper footwear. Without the right shoes, you're at greater risk for pain in your feet, legs, hips, or back and you could slip, trip, and fall more easily.

Consider these footwear facts:

- Fit Shoes/boots that are too big or too small can make it hard to walk safely or comfortably. There should be about ½ inch between the end of your longest toe and the front of your shoe.
- Breathability Wet feet can cause blisters so look for shoes with breathability and don't forget to air them out when they aren't being worn.
- Shock absorption –
 Get the right balance
 of cushion and support
 from the outsoles on your
 shoes. Running shoes are
 often too soft for stability.
 Work boots with hard
 soles transmit too much
 shock to your legs. The
 ideal shoe is firm enough
 to absorb shock without
 feeling squishy.





Durability – The best value isn't always the

cheapest option. Cheap shoes that wear out

quickly will likely cost you more than quality

footwear. Pay attention to the lifespan of your

shoes. Pay for quality when durability counts.

• **Support** – Insoles make a huge difference.

A lightweight shoe can offer excellent

support if the insole is right.



Take action (Complete one or more activities as a team)

- A. GROUP DISCUSSION: Review your company's footwear policy.
- B. DEMONSTRATION: Perform the penny test on the shoes you are wearing today (see the "Takeaways" section in the sidebar.)
- C. QUESTION: What are three signs of wear and tear on your shoes that indicate you need a new pair of shoes?

Safety talk sign-in sheet

Record your attendees for compliance.

Instructor's name:	
Date of training:	
ATTENDEE NAME (Print)	ATTENDEE SIGNATURE
ATTENDED NAME (FTIIII)	ATTENDED SIGNATURE