

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.
- **Socks** - Don't underestimate the importance of a good pair of socks. Wool socks manage moisture better than other materials. Opt for lightweight wool in the summer and heavier in the winter.

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

- GROUP DISCUSSION: Review your company's footwear policy.
- DEMONSTRATION: Perform the penny test on the shoes you are wearing today (see the "Takeaways" section in the sidebar.)
- 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

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