

Stop the Fall Footwear



Takeaways

- Wear the right shoes for the job.
- Wear traction devices if weather conditions call for it.
- Replace shoes when they are worn out.

No matter where you work or what you do, proper footwear selection is critical. Improper footwear can lead to a higher risk of injury. Consider a few simple ways to ensure you are protecting yourself from slips, trips, and falls.

Always be sure you are wearing the right shoes for the job. You need to wear non-slip soles if working on wet or slippery floors. You may have to wear steel toe boots on your worksite. If you are working around live electricity, exposed metal toe cups can act as a conductor. In these situations, ceramic toe boots may be a better choice.

Weather conditions can also influence footwear. In the ice or snow, it can be easy to

slip in the shoes you wear day to day. In these conditions, always use traction devices, like crampons or ice cleats.

If your shoes are worn out, you lose traction and increase the risk of slips, trips, and falls. Inspect your shoes regularly and replace them when they are worn out. If the worn area is larger than two pennies, it's time for a new pair. Make sure to check your laces so you don't step on them.



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

- GROUP DISCUSSION:** Look around. What kind of shoes are people wearing? Do they fit the needs of work tasks and protect you from slips, trips, and falls? Are there times when you would need different types of shoes?
- ACTIVITY:** Take out two pennies or the two penny card. Take a moment to inspect your own shoes for wear and see if it is time for a new pair.
- FIELD TRIP:** Take a walk around your work area and find any hazards that would call for specific footwear.

