



### WHAT SHOULD YOU CONSIDER WHEN BUYING SAFETY SHOES?

- **Safety first**—make sure the shoes you purchase are in compliance with the site specific recommendations presented by JE Dunn
  - All personnel shall wear safety shoes that meet the requirements of ANSI Z41.1.
  - Sturdy, heavy-duty, hard soled leather work boots are required; canvas or soft leather-type athletic shoes or toeless shoes are not permitted.
  - Rubber boots are required when working in concrete or water. Note, placing tape (or equivalent protection measure) over the boot is required to prevent wet concrete from entering the boot.
  - The use of safety toe or safety boot covering (i.e. metatarsal cover) may be required where injury to foot may occur. (i.e. steel erection, soil compaction, etc.)
- **Make sure they fit well** - follow these suggestions to ensure a comfortable fit:
  - Try shoes on when feet are most swollen—usually at the end of your shift
  - Wear the same socks that you plan to use when working
  - Stand during the fitting process and walk around to ensure your heel is not rubbing
  - Feet normally differ in size; have both feet measured and buy shoes to fit the bigger foot
  - If wearing a steel toe, composite, or alloy toed shoe, the toe cap **SHOULD NOT** pinch when you bend at the ball of your foot. If it does, you might not have the right width and should try a half-size larger
  - You need appropriate space in the toe box—you should be able to freely wiggle your toes and your toes should not touch the front of the shoe.
  - You should not feel any pinching, pressure, or squeezing
  - There should be adequate support in the arch and heel
  - A shoe should fit well from the start. Do not expect footwear to break in or stretch with wear.

### WHAT ELSE SHOULD YOU KNOW?

- Make sure your socks are not too tight as they can cramp your toes; wrinkled socks, socks that are too large, or too small can cause blisters.
- Bring arch supports, orthotics, insoles, etc., that you routinely use with you when getting a new pair of boots
- Work boots need to be maintained - regularly clean your boot and apply water proofing and leather conditioner as needed. If your boots have been filled with water or are thoroughly soaked, do not expose them to a direct heat source as this can damage the shoe. Try stuffing it with newspaper, replacing wet newspaper and repeating until the boots are dry.
- A general rule of thumb is that a woman's shoe or boot size is 2 sizes smaller than a man's size—so a woman who usually wears a size 9 would wear a size 7 in a men's shoe.
- Understand widths - **MEN**:
  - "D/M/REG" width is the same as a medium/standard width
  - "E to EE" is generally the same as a wide width
  - "3E/EEE" is extra wide
  - "4E/EEEE" is double extra wide.
- Understand widths - **WOMEN**:
  - "B/M" width is the same as medium/standard width
  - "C/D/W" is generally the same as a wide width
  - "2E/EE" is extra wide

### WHEN SHOULD YOU REPLACE YOUR SHOES?

- If you've tried replacing the insoles, but do not notice any improvement in comfort.
- If there is evidence of physical damage to the toe area or anywhere else on the shoe.
- Dispose of footwear with upper foot protection (metatarsal guard) after an impact or if the exterior covering becomes torn, exposing the upper foot guard.
- Dispose of puncture-resistant shoes after an object becomes imbedded in the puncture-resistant device.
- Monitor the sole of your shoes—the sole is just like a tire, if there is less tread then there is less performance; shoes should be replaced when the sole is flat and slick-looking.

### HOW DO YOU MAINTAIN GOOD FOOT CARE TO KEEP YOUR FEET HAPPY AND HEALTHY?

- Keep your feet clean and dry. Wear socks made from a fabric designed to pull moisture away from the feet, keeping them dry.
- Wash your feet daily.
- Perform a daily check of your feet, and if you notice any sores, pain or changes, consult your primary care physician.
- Cut toenails straight across to prevent the nail from possibly becoming ingrown.
- Perform prevention exercises that focus on your feet and legs; scan the QR code below for prevention exercises in the Foot and Ankle Self-Management Guide



### CITATIONS

#### References

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