

# SEPTEMBER SAFETY SEGMENTS: STANDING ERGONOMICS



If you are standing or working on your feet for any extended period of time you know that what is on your feet is very important. If you have ever worn the wrong shoes you know how bad your whole body feels at the end of the day.

## THE IMPORTANCE OF SHOES

### DIRECTIONS

Before you begin this discussion, set the expectations for a safe space that is respectful of everyone's feedback. You will want to print out the [Shoes Infographic](#). Review the infographic or give staff a few minutes to read over. After everyone is done, use the guiding questions to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

#### Guiding Questions:

- Are any of the facts surprising?
- How do your feet feel at the end of your shift?
- What do you do at the end of the day to take care of your feet?
- How old are your shoes?
- If you have employee benefits that cover shoes discuss with employees.

#### Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

