



SHOES

Am I wearing the right ones

Facts

WHY ARE SHOES IMPORTANT

If your feet hurt at the end of the day it could be what you have on your feet. Shoes help to provide support and cushion for your feet when standing or walking for long periods at work.



CHOOSING THE RIGHT SHOE

It is important to consider the following:

- Work Environment: does it need to be chemical, water or slip resistant.
- Comfort: ensure that shoes provide enough arch, heel support and toe space (make sure toes are not squished).
- Sizing: get your feet measured. It is recommended that you buy your shoes at the end of the day.



DO SHOES NEED TO BE REPLACED?

Shoes like most PPE lose their effectiveness over time. It depends on how much use the shoes are getting. For most shoes they should be replaced every 8-12 months or 500-700km for running shoes. Signs your shoes need to be replaced:

- New foot or leg pain. If you've been feeling good and now your feet or legs are sore at the end of the day.
- Wear down on the soles.
- Fraying on the outside or inside of the fabric.



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