

# Selecting the Right Shoes to Avoid Slips, Trips, and Falls

Parcel delivery drivers can walk many miles each day. Choosing a safe, comfortable shoe is very important. When selecting your shoes for work, choose those that are designed specifically to keep you from slipping. Checking the shoe for an American Society for Testing and Materials (ASTM) label will show you what rating the shoe has for safety. If you see this label, the letter SR confirms that they have been tested for slip resistance.

## Tips for Selecting Slip Resistant Shoes

1. A safe work-shoe must support your foot and ankle. Soil, gravel, or other things you walk through may stay on your shoes and keep them from gripping properly. Inspect your shoes during the workday to make sure they are clean and working properly. Before you try on the shoe, feel its weight. Heavy shoes may cause extra tiredness when you have to walk for miles each day.
2. Check the back of the shoe at the heel. Added protection in this area can help grip your heel while when you wear the shoe and prevent your ankle from rolling or twisting. If you can pinch this part of the shoe together easily, then it doesn't have enough support for a work shoe. Look for good cushioning in this area as well.
3. The middle of the sole should be stable to support your arch. Hold the shoe at the toe and heel and twist it. If it easily twists where your arch should be, it won't give you good support as you move and shift your body weight.
4. Now, try folding the shoe in half from toe to heel—it shouldn't be able to touch. When bending the shoe, look to see where the shoe bends. It should bend where your foot bends, which is right below the laces. It should NOT bend at the arch.
5. Inspect the bottom of the shoe. The sole of the shoe should have a soft rubbery feel and tread like on a car tire. For outdoor use, the tread should be widely spaced and angle outward from the center which guides water or oil away from the center of the shoe.
6. You can also check the shoe for manufacturing defects. Place the shoe on the floor or a counter to see if the shoe seems set at an angle or is wobbly. Press the shoe down at the heel, if the shoe shifts from side to side when pressed then the shoe alignment may be poor.
7. If all of these tests are good try the shoe on and check for comfort. Sixty percent of men and eighty percent of women incorrectly wear shoes that are half a size too small. Make sure that there is about 3/8" of shoe beyond your longest toe.
8. If you know that you have a high instep or flattened foot, let the store representative help you find a shoe that will help counteract these positions. These are called motion control shoes.



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