Proper Shoe Selection

It can be tough to find shoes that fit comfortably. There are seven questions to ask when looking for safe, comfortable shoes:

- Do the shoes fit comfortably? Fit means that the shoe conforms to the outer dimensions of the foot. Toes are not compressed and the heel of the shoe is not loose.

- Is there room between the tip of the longest toe and the shoe?

- Can you wiggle your toes freely?

- Does the shoe have flexible upper surfaces that stretch and make it easier to slip on?

- Does the shoe have built-in cushioning?

- Does the shoe come in leather so they can breathe?

- Will the shoe adequately protect the feet from job hazards (i.e., slips, trips and falls)?