



SAFETY BRIEF

SLIPS, TRIPS AND FALLS: PROPER FOOTWEAR

Slips, trips and falls are the leading cause of injuries in the workplace and at home. Worn-down or risky footwear accounts for 25% of all slip and fall accidents.

FOOTWEAR SAFETY TIPS

- Wear slip-resistant footwear
- Make sure your footwear fits snugly on your foot
- Avoid wearing raised heels, sandals or shoes with leather soles or open backs
- Wear shoes with flat heels, multichannel tread, rubber soles and intact traction
- Inspect soles and heels frequently for worn-out areas
- Select appropriate footwear for the weather and working conditions
- Wear strap-on cleats or cleated shoes when walking on icy surfaces
- Adjust your pace to a speed that is best suited for the walking surface
- Consider wearing special footwear for outside conditions and changing shoes once inside



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