

# SafetyTalk

## Topic: Footwear

The action of walking utilizes both kinetic (related to motion) and potential energy (mechanical, stored or caused by its position). Friction is needed between the foot and the walking surface; it propels the foot forward in a specific direction. As friction decreases, stride should also decrease – which helps maintain balance.

### General Safety Tips

- Wear slip-resistant footwear to suit the workplace, environment and tasks at hand.
- Slip-resistant footwear should perform on both wet and dry surfaces – tread patterns should be suited to the size and type of contaminants:
  - Indoor walking on smooth floors with thin liquid contaminants may have flexible soles with finer tread.
  - Rough, outdoor conditions require deeper, larger treads, and/or the addition of special cleats or studs to provide extra traction.
- Footwear should have enclosed toes and heels, should be fastened well and grip firmly on the foot and offer a supportive, flexible sole and should be appropriate for hours of standing, walking, etc.
- If the forecast calls for wet, snowy or icy weather, wear boots and carry or keep an extra pair of shoes to change into when you reach your indoor destination.

### Topics to Discuss

- Seasonal footwear
- Potential causes for slips, trips and falls

### Resources

For more information about this topic, visit:

- United Heartland Resource Library – Slips, Trips & Falls: [UnitedHeartland.com/resource-library](https://www.unitedheartland.com/resource-library)
- Occupational Safety and Health Administration: [OSHA.gov](https://www.osha.gov)

# SafetyTalk

**Topic:**      Footwear

---

**Date:**

---

**Location:**

---

**Meeting Organizer:**

---

Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):	

Comments: