



Topic: Footwear

The action of walking uses 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. To note:
 - A finer tread with flexible soles may be appropriate for indoor walking on smooth floors with thin, liquid contaminants
 - 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, as well as fastened well and grip firmly on the foot. In addition, it should offer a supportive, flexible sole and should be appropriate for hours of standing, walking, etc.
- If the snowy or icy weather is expected, 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:

- [Footwear Guide](#)
- [Safety Video: Slips, Trips and Falls](#)
- Safety Poster: [English](#) | [Spanish](#)
- [Accident Investigation Kit: Slips, Trips and Falls](#)
- [OSHA.gov](#)



Safety in Five

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Date: _____

Location: _____

Meeting Organizer: _____

Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):

Comments:

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