

Your Selection of Shoes is the First Defense in Injury Prevention!

Summer is here and the warm weather is an opportunity to let our toes enjoy the sun and fresh air! **But NOT when you are working!!**

Slips and falls are the second leading cause of workplace injury and the most important protection against slip and fall injuries are to wear the proper footwear. **As a home health care worker, when providing service to a client, your shoe selection must be the following:**



- ❖ The shoe must be closed toe with a low heel. It is preferable to have a closed heel that supports the ankle.
- ❖ The soles and heels should have good tread and traction since this is beneficial in reducing injuries from slip and fall type accidents.
- ❖ If clog style shoes are worn, the strap must be positioned in the back of the shoe around the ankle. This prevents individuals from “falling out of their shoe” when they have to move quickly.
- ❖ Summer sandals and flip-flops are not permitted.
- ❖ Check the bottom of your shoes on a regular basis. If the tread is worn and traction is minimal, replace your shoes.



Good traction and tread