

PLAYING IT SAFE RESTAURANT

Shoes That Fit Your Job

Safety concerns for restaurant workers

With the time you spend on your feet as a restaurant professional, selecting the best footwear for your occupation is essential. The proper shoes can help you stay comfortable at work and reduce other body aches and pains.

Additionally, proper shoes can be essential safety gear with sharp and heavy objects, hot liquids and slippery surfaces present throughout a restaurant.

Footwear Considerations

When choosing work shoes, consider the risks you might encounter while on the job. For example, back-of-house workers (e.g., chefs) may encounter different hazards than front-of-house staff (e.g., servers). Additionally, the amount of walking and standing may differ by position.

With those variables in mind, below are guidelines to help you find the footwear that can provide both short- and long-term benefits:

- Select nonslip or nonskid shoes that provide extra traction.
- Choose water-resistant shoes.
- Opt for shoes with proper arch support.
- Pick sturdy shoes that will protect your toes and feet from falling objects.
- Consider shock-absorbing shoes to increase comfort.

- Avoid heels and open-toe shoes.
- Consider how easily the shoes can be cleaned.

Shoe Purchasing Tips

At the shoe store, there are other considerations for your footwear selection. Tips include the following:

- Prioritize function over fashion.
- Wait until the afternoon or evening to go shoe shopping since feet swell throughout the day.
- Try on shoes while wearing the same type of socks you plan to at work.
- Walk around in the shoes and stand on different surfaces.
- Consider how orthotics will fit in the shoes, if applicable.

Selecting the proper work footwear can make a significant difference during a shift. It can improve comfort and safety while allowing you to focus on your duties. If you need additional information regarding shoes, contact a podiatrist or certified pedorthist.



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info@toughcomp.com

Remember to
replace your shoes
when needed.
Worn out shoes
may not be as
comfortable or
protective as when
they were new.

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