

Caring For Our Feet With Proper Fitting Footwear

Keeping our feet up to the rigors of the job is a challenge and necessity. Your boots are one of the most important pieces of equipment you use. Considerable attention should be directed to your choice of boots. To keep your feet up to the task, it's essential your boots fit properly.

Trying on a pair of boots:

Start by wearing the socks you'll be working/using the boots with. Comfortable moisture wicking socks are preferred. Take your time with this decision and try several models/brands.

Heel Movement

Up and down or side to side movement of the heel should be minimal. To test vertical movement, rock forward, onto the ball of the foot, and note how much your heel lifts. The heel should barely lift off the insole of the boot - about 1/8". More than that, may result in excessive friction, less could mean the boots are too tight.

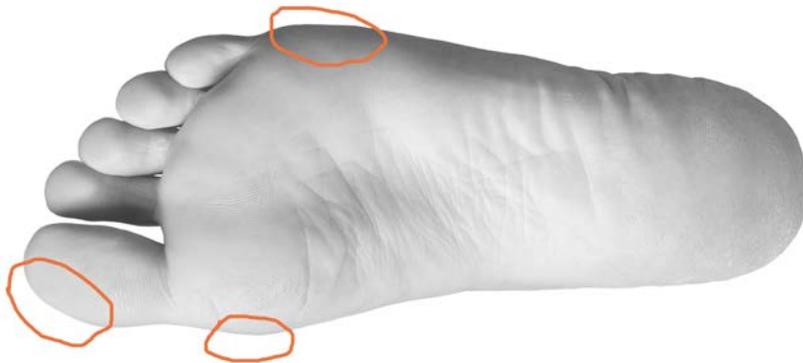
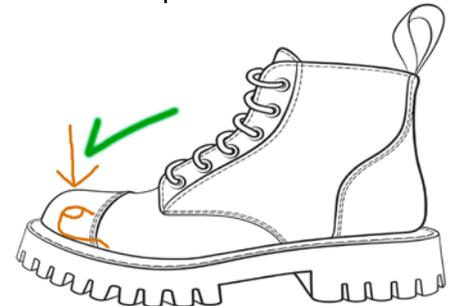


Too Tight

Toe Space

Your boots should be half a size bigger than your casual/street shoes. You should be able to wiggle your toes. To ensure you have a proper fit, stand on a ramp or slope so your foot is angled downward. Your toes should not jam into the front of the boot.

Some Toe Space is Preferred



The areas circled, are common places to get blisters. There should not be pressure in these areas.