

# SMART DRIVER<sup>®</sup>

October 2023

## PROPER FOOTWEAR

Wearing protective footwear while working around the truck can help prevent injuries. From avoiding slips, trips, and falls to protecting against objects rolling onto or penetrating your feet, proper footwear is an essential piece of personal protective equipment. Improper footwear can also be uncomfortable and lead to calluses, ingrown toenails, etc. Read the information below and ask yourself how you can better protect yourself and your feet from injury.



### PROTECTIVE FOOTWEAR FOR TRUCK DRIVERS (DO'S & DON'TS)

- Do – Wear footwear that meets any company- or customer-specific policy.
- Do – Wear footwear with slip-resistant soles when working around the truck.
- Do – Wear footwear with steel toes when working around the truck.
- Do – Wear footwear made of material that can prevent punctures.
- Do – Wear footwear that provides ankle support.
- Do – Wear footwear appropriate for the conditions (i.e., snow, heat, etc.).
- Don't – Wear shoes like sneakers, cowboy boots, or sandals that have no traction on the sole.
- Don't – Wear damaged shoes that need to be repaired or replaced.

### FINDING THE RIGHT FIT

- Lace and tie your shoes so that shoes fit closely around the heel and ankle.
- Leave at least a thumb's width of space in the toe box so your toes have plenty of room.
- Allow extra room for heavy socks and arch supports.
- Walk around in the shoes to check for proper fit and comfort.

### FOOTWEAR MAINTENANCE

- Apply a water-resistant coating, if necessary.
- Inspect your footwear regularly for signs of wear and tear.
- Repair or replace any damaged footwear immediately.

### CARING FOR YOUR FEET

- Wash your feet daily with soap and water, and dry them thoroughly.
- Treat athlete's foot, blisters, discolored nails, and other foot problems immediately.
- Bring a backup pair of shoes on trips for emergencies.
- Do not share shoes or pedicure tools with others.
- Examine your feet daily for problems or changes in appearance.
- Roll a tennis ball under your feet to relieve tension.
- Use foot powder if needed to keep feet dry.
- Trim your toenails regularly.
- Always wear clean socks.
- Massage your feet regularly.



*This material is intended to be a broad overview of the subject matter and is provided for informational purposes only. Old Republic Insurance Company of Canada does not provide legal advice to its customers, nor does it advise insureds on employment-related issues. Therefore, the subject matter is not intended to serve as legal or employment advice for any issue(s) that may arise in the operations of its insureds. Legal advice should always be sought from the insured's legal counsel. Old Republic Insurance Company of Canada shall have neither liability nor responsibility to any person or entity with respect to any loss, action, or inaction alleged to be caused directly or indirectly as a result of the information contained herein. Used with permission by Great West Casualty Company.*

# Knowledge Verification

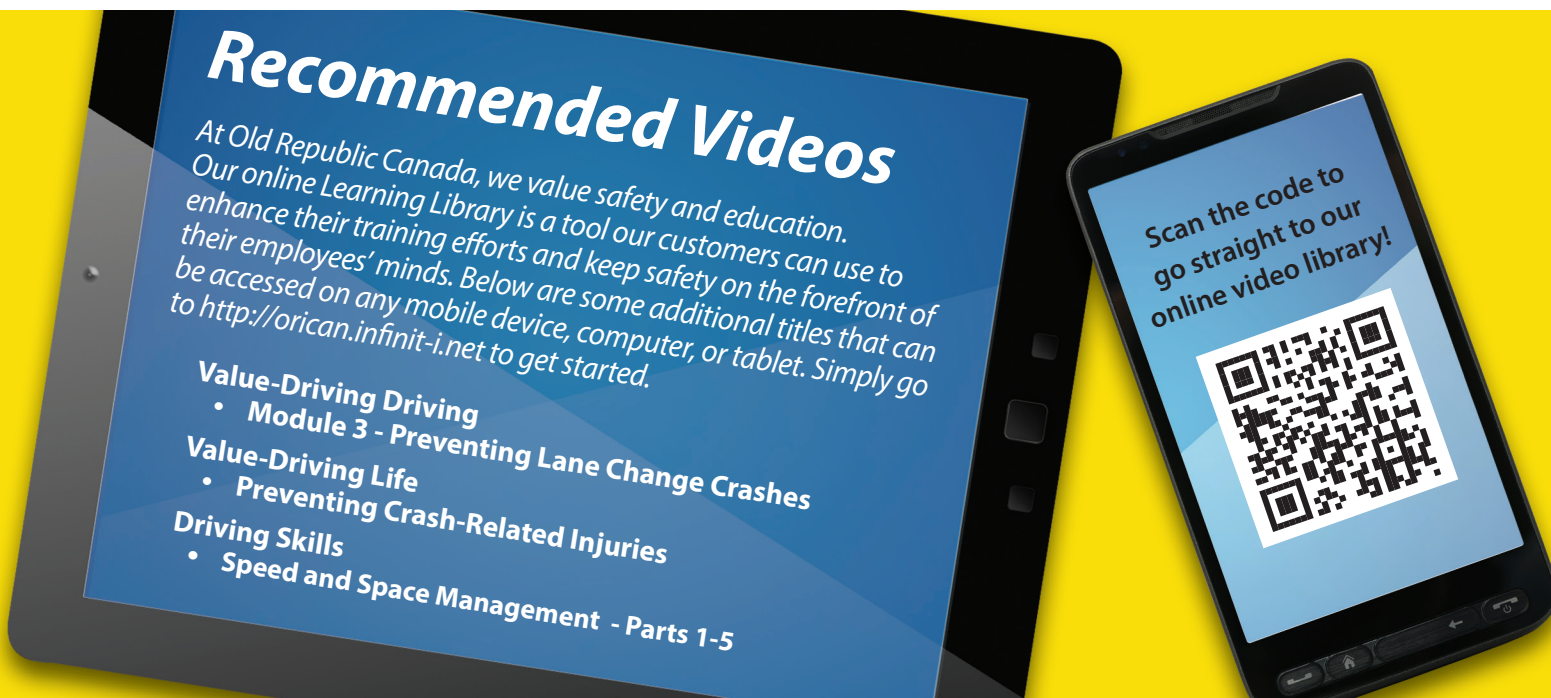
Driver's Name: \_\_\_\_\_ Driver's Signature: \_\_\_\_\_

Emp/Unit#: \_\_\_\_\_ Date: \_\_\_\_\_ Witness Name: \_\_\_\_\_

*Please answer, and forward a completed copy to your Safety Department/Safety Representative.*

- |  |      |       |
|--|------|-------|
| 1. Footwear that appears damaged should be repaired or replaced immediately.                                 | True | False |
| 2. Wearing protective footwear while working around the truck can help prevent injuries.                     | True | False |
| 3. Sandals, open- toe shoes or flip-flops are appropriate for working around the truck.                      | True | False |
| 4. Footwear without slip-resistant soles increases the risk of injury when climbing in and out of the truck. | True | False |

Answers:  
1. True  
2. True  
3. False  
4. True



**PROPER FOOTWEAR**