

# WorkSafeBC OH&S Regulations

## Footwear

### Reg 8.22 General requirement

- (1). A worker's footwear must be of a design, construction, and material appropriate to the protection required.
- (2). To determine appropriate protection under subsection (1) the following factors must be considered: slipping, uneven terrain, abrasion, ankle protection and foot support, crushing potential, temperature extremes, corrosive substances, puncture hazards, electrical shock and any other recognizable hazard.
- (4). A worker must wear the appropriate footwear and ensure that it is in a condition to provide the required protection.

### Reg 8.23 Slippery surfaces

- (1). If a workplace has a slippery surface, appropriate non-slip footwear must be worn.

*For a complete copy of the OH&S Regulations, contact WorkSafeBC.*

# DID YOU KNOW?

Slips and trips account for 10% of all injuries to healthcare workers.

*Source: WorkSafeBC, 2004*

## OHSAH

The Occupational Health and Safety Agency for Healthcare (OHSAH) in BC was created in early 1998 in an Accord between healthcare employers and unions. Our goal is to reduce workplace injuries and illness in healthcare workers and return injured workers back to the job quickly and safely.

## mission

- ▶ To work with all members of the healthcare community to develop guidelines and programs designed to promote better health and safety practices and safe early return-to-work
- ▶ To promote pilot programs and facilitate the sharing of best practices
- ▶ To develop new measures to assess the effectiveness of programs and innovations in this area

## programs

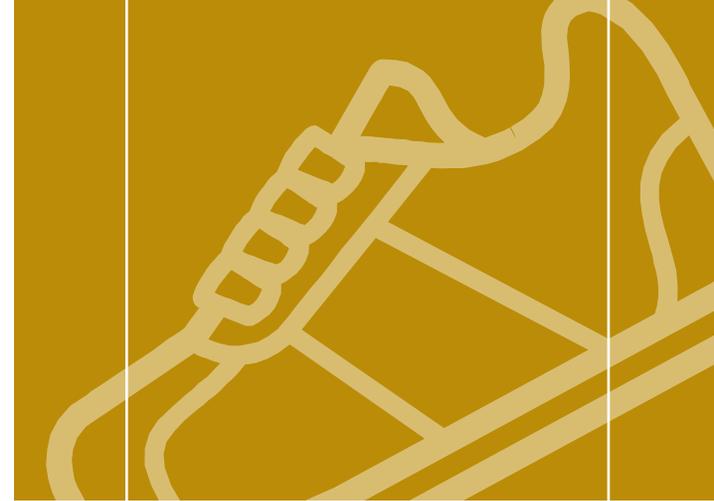
- ▶ Disease prevention
- ▶ Incident & injury tracking
- ▶ Injury & disability prevention
- ▶ Mental health & organizational development
- ▶ Healthcare education & learning program
- ▶ Online learning



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# What Makes **GOOD** FOOTWEAR

For work

## Tips for buying footwear for work



VANCOUVER ISLAND  
health authority

# GOOD FOOTWEAR should provide you with

- ▶ A firm base
- ▶ Cushioning
- ▶ A non-slip sole
- ▶ Ankle support

## TIPS FOR buying footwear

- ▶ Buy footwear in the afternoon when your feet are at their maximum size.
- ▶ Bring along an old pair of shoes.
- ▶ If you wear orthotics, bring them with you to try on with the new shoes.
- ▶ If your feet are different sizes, buy shoes to fit the larger foot.
- ▶ Shoes should fit snugly without being too tight.
- ▶ Try shoes of different widths.
- ▶ There should be about one half inch of room between your big toe and the end of the shoe.
- ▶ The heel area should be firm enough so that you cannot squeeze it between your thumb and fingers.
- ▶ Walk around the store for 5 to 10 minutes to get a “feel” for the shoes.
- ▶ Ask the shoe salesperson to explain the advantages and disadvantages of the shoe you have selected.

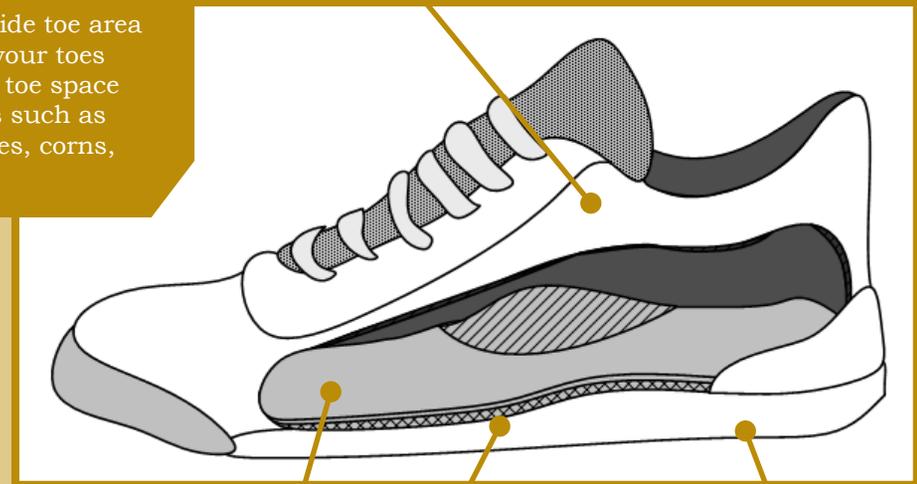
## HEALTHCARE examples:

- ▶ **Nurses**  
Wear shoes with good slip resistance and anti-fatigue properties.
- ▶ **Kitchen Workers**  
Wear shoes that are waterproof and have soles with slip resistance on wet surfaces.

# PARTS of a SHOE

## upper

- ▶ A stiffer upper will give more support to the foot and ankle.
- ▶ The heel area should be firm.
- ▶ Lacing can help fit the shoe to the shape of your foot and increase stability.
- ▶ It is best to have a wide toe area that gives space for your toes to move; not enough toe space can lead to problems such as bunions, hammer toes, corns, and calluses.



## insert

- ▶ This helps place the arch of the foot in the shoe.
- ▶ Increased cushioning can increase shock absorbency and prevent fatigue due to standing.

## midsole

- ▶ This provides cushioning, shock absorption, and stability for the ankle and foot.
- ▶ A stiffer midsole provides better support of the ankle and foot.

## sole

- ▶ This is the most important part of the shoe for preventing slips, trips, and falls.
- ▶ Choose a soft sole for smooth or wet floor surfaces and a harder sole for rough or textured floors.
- ▶ A shoe with a greater area of the sole in contact with the floor is more stable than a shoe with less area of the sole in contact with the floor.