

# Resource Guide

## Work shoe wellness check

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- Safety footwear is designed to protect your feet against a wide variety of injuries.
- To ensure its effectiveness, it is important to properly care for and inspect your footwear for signs of wear and tear as well as damage.
- Some steps to take to perform a work shoe wellness check include:
  - Cleaning your shoes regularly and applying products to keep them water-resistant
  - Regularly inspecting footwear for damage
  - Immediately repairing or replacing worn or defective footwear
  - Replacing footwear after exposure to penetration or impact even if there are no signs of damage



Learn more about safety footwear through the [Canadian Centre for Occupational Health and Safety](#).