

Resource Guide

[October 2025]

Choosing proper footwear

- Wearing proper footwear is essential for protecting your feet from injuries and providing support during long hours of physical work.
- The right shoes can improve balance, reduce fatigue, and help prevent slips, trips, and falls. Try to select shoes with:
 - Good cushioning
 - A thumb nail of room at the front
 - Sufficient width
 - Good arch support if you have flat feet or low arches
 - Insoles if you have high arches



To learn more about how to select proper footwear, visit the [Pedorthic Association of Canada](https://www.pedorthic.ca/).