

When Walking To or From the Office, it is Safety First - not Fashion First

Many people like to match their footwear to their outfit: nice high heels, sandals, leather soled dress shoes. Perfect. Or is it?

When living in Saskatchewan we know weather can change quickly. One minute the sun is shining – the next we have a mini blizzard. Winter lasts longer than we want, so we jump into Spring on the first nice day. We put away our boots, our good gripping footwear and feel great. In Fall we stretch the summer out to make it last as long as we can. We wear summer clothes, even shorts, until the first snow or even after. Sometimes we get caught - it snows, ice develops under the snow, it's slushy and slippery. Now what? We're wearing high heels, slippery flat shoes or leather soled shoes – we slip – we slide – we fall.

Be safe by being prepared for the changing weather, especially in early Spring and in the late Fall. Nice heels, flat shoes or leather soled shoes don't give you the grip you need on ice or snow. As nice as they are, they can put you at risk of injury.

Choose safety first . . . Safety is always in fashion!

You are putting yourself at risk when wearing footwear that is not suited to snow or ice:

- slips, trip or fall resulting in strain, sprain, bruising, fractures or worse
- when getting in or out of a vehicle or when stepping off a bus, you could slip under the vehicle and be seriously hurt
- there could be ice or a sharp object hidden under snow, resulting in a serious fall and injury

Plan ahead...Be prepared for changing weather at any time! Wear appropriate footwear when walking through snow or on ice. Two features to keep you safe are footwear that is secure to the foot and have a good, gripping sole. Carry your regular footwear in a tote or bag; keep it in your office or locker; wear it when the risk of snow or ice has completed passed. Remember, when walking to and from the office it is Safety First – not Fashion First!

The Safe Choice (Safety First)



Not a Safe Choice (Fashion First)



developed in collaboration with the Saskatoon Health Region
note: also refer to *Safety Talk- Footwear - legislated*

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!