

Believe it or not, one of the most common sources of injury for parcel delivery drivers is a twisted ankle or a slip, trip or fall while entering or exiting a vehicle. As a parcel delivery driver, you get in and out of your vehicle hundreds of times every day. Therefore you have significant exposure to that type of injury.

Additionally, walkways, driveways, and customers' porches aren't always free of slip, trip or fall hazards. Curbs, holes, stray objects, damp grass, oil residue, and other hazards increase your potential for a twisted ankle or a slip, trip or fall.

Lastly, weather conditions can create hazards that increase your potential for a twisted ankle or a slip, trip or fall. For example, a rainstorm in the summer can make the ground and steps much more slippery. Additionally, snow and ice in the winter can create very slippery conditions.

By wearing appropriate footwear, you can not only reduce the likelihood of a slip, trip or fall, you can also reduce the severity of an ankle injury if you were to step on something that causes you to twist your ankle. Below are a few tips to keep in mind when choosing footwear that will help protect you.

## PROHIBITED FOOTWEAR

NEVER wear a shoe while making deliveries that:

- Exposes your foot, such as flip-flops, sandals, Birkenstocks.
- Has a smooth sole, such as rain boots or cowboy boots.
- Has an open back, such as Crocs.
- Is meant for professional dress, such as loafers, boat shoes, heels or wedges.

## PROPER FOOTWEAR

ALWAYS wear a shoe while making deliveries that:

- Meets the standards of your company policy regarding footwear.
- Provides appropriate ankle support to reduce the risk and severity of sprained/strained ankles.
- Laces up and has a non-slip sole.
- Provides appropriate cushion and is breathable.

## CONSIDER THE SOLE

Although no single tread pattern is necessarily better than another, look for soles that meet the following criteria.

- Grips the ground firmly. Super-deep treads or patterns with a lot of voids can feel unstable.
- Has tunnels to channel water or oil away from the shoe. When you step in a liquid, it will choose the path of least resistance. If the tread has lots of channels or pathways to facilitate this, it will provide a safer step.

## ADDITIONAL TIPS

Ensure your shoes are laced up and tied snugly.

Ensure your shoes are long enough, wide enough and deep enough to wear without rubbing or constricting any part of your feet.

Replace your footwear regularly. Like everything else, shoes don't last forever – even the best footwear needs to be replaced from time to time. If the tread on a shoe's sole is 50% worn the shoe is twice as likely to contribute to a slip and fall injury as a new shoe or one with less wear would be.