



# for Food Service



EDUCATIONAL  
SERVICE  
DISTRICT 112

## How to Break the Chain of Foot Pain

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Sore feet can cause a “domino effect” that contributes to discomfort, fatigue and pain for employees who spend their workday standing or walking on hard floors, concrete and other hard surfaces. To avoid sore feet and reduce associated aches and pains choose the right footwear for the job!

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### Consider:

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- Shoes with heels are a hazard when stepping/climbing, or even walking on certain floors. They also can be hard on your feet when standing continuously on hard surfaces.
- Heel spurs may develop if wearing an improper type of shoe or ones not fitted correctly.
- Slips, trips and falls are more prevalent with certain sole types. Cushioned floor mats are also helpful in relieving tired achy feet.
- Stretching, resting, elevating and icing both feet after work may decrease swelling and help rejuvenate the feet for the following day.

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### Do:

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- Choose practical, closed toed shoes.
- Wear sturdy footwear that is slip resistant.
- Lace shoes tightly.
- Be aware of water, food debris or other spilled liquids that might cause a slip.
- Clean up spills immediately.
- Buy shoes with the correct arch support for your feet and cushioned insteps and soles. Correctly fitted shoe insoles may help.

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### Avoid:

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- Wearing canvas or open toed shoes, to protect the feet in case hot liquids are spilled.
- Shoes with leather or smooth soles, so slips will be minimized.
- Choosing a shoe with an awkward heel or surface when you know you will be standing or climbing to reach things throughout the day.

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Having appropriate footwear for the job can reduce simple foot injuries, reduce injuries due to slips, trips and falls, and help you feel better at the end of your work day!

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