

## Personal Protective Equipment – Feet First!

When we hear the term Personal Protective Equipment, PPE, we think of the HazMat worker with the totally encapsulating suit, or the welder with the face shield and gloves, or even the plant worker with the ear protection.

PPE is designed to protect the worker from injury. But, how many of us look at the clothes and shoes we wear to work every day as a way to protect ourselves from injury?

Many school employees suffer a work related injury as a result of a slip and fall. Most of these can be traced back to the employee wearing improper footwear. School employees are on their feet all the time. What kind of shoes do you wear to work?

Use these guidelines when selecting work clothes and shoes:



- Wear shoes that cover the entire foot – strappy sandals may look cute, but offer no protection or support. Tennis shoes, boots, loafers or other closed-toed shoes are a good choice.

Shoes should have a non-skid bottom with plenty of cushion and support.

- Wear clothes that are not tight fitting, but are loose and comfortable. If the clothes you wear are too tight, it makes it tough to bend over to assist a child, break up a fight, carry articles to the classroom, or even sit at your desk.
- Layering with a light sweater or jacket is a good idea to be ready for those times when our work area is too cold or too hot.

Think about the tasks you have to perform at work and be ready for anything. Remember, we can look professional and show school spirit – all while dressing appropriately for the work we do every day.