



Choose the Right Shoes

Walking and working surfaces at OHSU are important to your safety while at work. OHSU works to make sure that these are in good condition, but the shoes you choose to wear can make a difference. Wearing the right shoes can prevent you from getting hurt from a slip, trip, fall, chemical exposure or blood/body fluid exposure.

Flat, Rubber-Soled Shoes – These are good for all types of walking and working surfaces. They offer a good grip on uneven surfaces and slopes.

Dress Shoes – These are made to be worn on flat, dry surfaces. Wet and uneven floor surfaces should be avoided when dress shoes are worn. Shoes with heels can change your body's center of gravity, and that may cause a fall. Many dress shoes can be purchased with rubber soles, and these are better than leather, plastic, or wood soles.

Leather Work Boots – Sturdy leather work boots are appropriate when working outside, on uneven terrain, and in wet conditions. Employees who work in dirty, wet, or outside environments should wear leather work boots to provide support and protection.

Steel-Toe Boots – When there is chance of heavy objects falling onto the toes, steel-toe boots must be used. These are usually built with gripping soles to provide support and traction.

Slip-Resistant Footwear – This type of footwear is very effective in preventing slips and falls in areas that are consistently wet, such as dishwashing and other wet work areas. These shoes have a special tread pattern on the sole that helps prevent slips and falls. However, the work areas must still work to minimize water and other slip hazards, such as grease and soaps.

NOTE: In all work areas where spills or drips (like blood, body fluids, or chemicals) are possible, or if feet might be rolled over or have something dropped on them, open-toe shoes and shoes with holes in the top that allow liquids to go through (like sandals, flip-flops or Crocs) are NOT permitted. Further, Hospitals and Clinics do not allow these in patient care areas, so plan accordingly if your job requires you to enter these areas.

<http://ozone.ohsu.edu/HealthSystems/Adm07HR/Adm07-08.html>

OHSU has many different walking and working surfaces, depending on where you work and walk during the day, so always be aware of your surroundings.

All employees are encouraged to wear appropriate footwear while at work, and some departments may provide these at no charge, if your job requires it. Choosing the right shoes can make your job safer!

