



THE IMPORTANCE OF PROPER FOOTWEAR

We all have our favorite shoes for running errands or going out—but what about for work? Considering how much time we spend on our feet, the right work shoes are essential.

Improper footwear can lead to health issues like plantar fasciitis, joint pain, and other discomforts that affect your ability to work. It can also increase the risk of slips, trips, and falls—especially on slick or uneven surfaces.

Wearing supportive, appropriate shoes isn't just about comfort—it's about protecting your health and safety on the job. Make sure you're stepping into work prepared and protected.

Wearing the wrong type of shoes can increase your risk of falls and lead to long-term foot and joint problems. Some divisions within Virginia ABC, such as the Distribution Center, have specific requirements—like steel-toe shoes—to ensure safety on the job.

No matter your role, choosing the right footwear is key. Good work shoes should have:

- A thick, slip-resistant sole suited to your environment (wet, oily, snowy, icy surfaces, etc.)
- Sturdy materials that provide ankle support while allowing toe movement
- Immediate comfort—if shoes need “breaking in,” they don't fit properly

Wearing the right shoes helps protect your health, your safety, and your ability to do your job effectively.

You should always invest in quality footwear and replace it when it shows signs of wear. When making a purchase, consider how and when you'll be wearing the shoes to ensure they meet the demands of your work environment. Proper planning helps protect your comfort, safety, and overall health on the job.