

# ARE YOU WEARING CORRECTLY FITTED FOOTWEAR?



## HOW TO FIT SAFETY FOOTWEAR

### 1 LENGTH CHECK

1. Try on footwear at the end of the day while wearing your work socks.
2. Remove Insole from footwear
3. Stand on insole.
4. Your longest toe should be 12-15mm from the end of the insole.

#### TOO SMALL



**ACTION:** <8mm from the end go up a full size.

#### TOO LONG



**ACTION:** >20mm from the end go down a full size.

#### CORRECT FIT



5. Return insole to footwear. Ensure that there are no touch points around the toes.

### 2 FLEXPPOINT

Essential to ensure that the boot flexes with the foot.



The ball of the foot should be positioned over the flex grooves.



Bend the boot at the toes and check that the boot flexes at the ball of the foot.

**ACTION:** Adjust by a full size up or down as required.

### 3 WIDTH

The foot should sit entirely on the midsole.



#### CORRECT FIT

**ACTION:** If the boots are too tight but the foot is on the midsole a half size larger is required.

#### TOO NARROW



**ACTION:** If the outside of the foot is hanging over the midsole a different style of boot is required.

### 4 DEPTH

There should not be any tension on the top of the foot.



#### TOO SHALLOW

**ACTION:** Go up half a size.

#### TOO DEEP

**ACTION:** A different style is required.



#### CORRECT FIT

The facing gap of the laces should be approximately 30mm.