

# NRTS Safety Alert – Safety Footwear – Correct Use and Maintenance



A recent incident involving a member of our supply chain has highlighted the need to ensure that safety footwear is being used and maintained correctly.

The safety footwear we provide has been selected to protect you. To make sure it is suitable it has been risk assessed for the work that we do and to meet the right safety standards.



## How to wear your safety boots for the best comfort and protection:

- Check your shoe/boot size – our feet can change shape as we age
- Select the right boots for the task – you may need more than one pair or style
- Always lace boots correctly to provide the right level of support but not too tight
- Remember to check laces and re-adjust throughout the shift to make sure they stay secure
- Keep boots clean and replace when damaged or worn
- Keep boots dry (rotate boots if needed)
- Wear socks, preferably sport or work socks for comfort
- Keep feet dry – as well as sock and boot linings, it is important to keep your feet dry
- Check the soles to make sure they have tread and are free from build-up of dirt or debris
- Check your laces for wear and fraying - new laces are available to order on Bybox



NEVER leave boot laces untied when in use as you will lose the safety and the comfort provided by the boots when they are worn properly. Leaving the laces undone or loose will also increase the risk of plantar fasciitis and ankle sprains and, in the event of an accidents, the risk of injury as the boots would not provide the right protection.

As part of our regular site inspections, we will be specifically focusing on safety boots and checking their condition, how they are being worn and that they are suitable for the task. By working together we can reduce the risk of injury through the correct use of PPE.

It is important that you have the right safety footwear and that it is comfortable and suitable for your use. If you have any concerns about the safety footwear you have been issued, please speak to your Line Manager.

**For further information, please contact the NRTS EHS Team.  
Thank you for your support.**