



A FOOTWEAR BUYING GUIDE FOR YOUR JOB

Job-specific footwear is one of the simplest ways to reduce daily foot pain, improve endurance, and protect your long-term joint health. Every profession places different stresses on the feet, so the right shoe features depend on the work you do.

NURSES & HEALTHCARE WORKERS Key foot stresses:

long shifts, hard floors, constant walking
What to look for:
cushioning, rocker soles, slip resistance, wide toe box,
medical-grade insoles

Red flags: flat insoles, narrow toe boxes, worn-out midsoles

PRIVATE CHEFS & MOBILE BARTENDERS Key foot stresses:

slippery surfaces, pivoting, long hours in hot environments

What to look for: oil- and slip-resistant outsoles, stable heel counters, breathable uppers, arch support

Red flags: smooth outsoles, cheap foam clogs, shoes that trap heat

TEACHERS & EDUCATORS Key foot stresses:

standing during lessons, walking hallways, hard floors, long days on your feet What to look for: cushioned midsoles, arch support, shock absorption, wide toe box, supportive insoles

Red flags: thin soles, unsupportive flats, shoes that compress the forefoot

WAREHOUSE & INDUSTRIAL WORKERS Key foot stresses:

heavy loads, uneven surfaces, concrete floors What to look for: safety toes when required, shock absorption, torsional

stability, durable outsoles, compatibility with custom orthotics

Red flags: overly flexible soles, insufficient heel support, worn tread

DELIVERY DRIVERS & TRADESPEOPLE Key foot stresses:

climbing in and out of vehicles, ladders, carrying tools, mixed terrain What to look for: lightweight but durable construction, heel stability, grippy outsoles, moisture control, supportive insoles

Red flags: overly heavy boots, slick soles, collapsing arch support

FINAL THOUGHTS The right footwear can dramatically reduce pain, fatigue, and injury risk, especially in demanding jobs. Matching your shoes to your work environment is the first step, but a professional assessment can take the guesswork out of choosing what your feet actually need.

READY TO FIX YOUR FOOT PAIN? Book your Occupational Foot Assessment today and get personalized footwear and orthotic solutions built for the way you work.

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