

BEFORE YOUR NEXT SHIFT

Your Workday Fit Check.

A few practical checks for your shoes, space, and daily routine.

Start with what you can adjust. Follow your workplace rules and footwear manufacturer guidance.

☐ Keep the right protection.

Check the footwear your job requires, including safety and slip-resistance requirements.

☐ Check the complete fit.

Try your shoes with your usual work socks. Look for toe room and a secure heel. Any added insert needs room, too.

☐ Make room to move.

Keep frequently used items within reach and leave space to change position. Ask about adjustments your role allows.

☐ Plan a change of position.

Identify chances to alternate standing, walking, and sitting when your work permits. Use allowed breaks to change position.

☐ Look at the floor.

Keep the area clear. If your station uses a mat, check that it suits the task and does not create a trip hazard.

☐ Bring one question.

Unsure about your shoes, an insert, or your workstation? Note the question for the person who can help you check it.

One thing I will check before my next shift:

Build on the basics.

Explore workday fit and support in WYATT's Standing All Day guide.

wyattmvm.com/pages/standing-all-day