

Foot-Friendly Safety Boots



In general, your feet by natural design like safety boots (and shoes) that are more flexible—not stiff and rigid. Your feet want to “feel” the ground. This valuable feedback from *the ground up* helps your brain feel your position in space. This ground feedback also helps the brain to better control your movements. Many of the “movement problems” we have today are coming from the ground up—our shoes are too stiff; our feet are too weak, and our ankles are too stiff as a compensation for the stiff shoes and weak feet. *Want to move better?* Wear boots and shoes that are “foot-friendly” and strengthen your feet!



“Foot-Friendly” safety boots (and shoes) should do two things: 1) bend in the arch and 2) flex diagonally through the midsole. If your footwear is flexible through the arch like above, your feet are happier because they can feel the ground and give valuable sensory information to your brain for enhancing movement which also means *the safety of how you move!*

The safety boots below are all approved for steel/composite toe and shank protection. Despite being fully-approved safety boots, look at the flexibility of the test models below! If you’re feet feel the ground better, your brain controls your movements better—*this can take “safety boots” to a whole new level—plus your feet will like them too!* 😊

Carolina #1424



Arch Bend

Wolverine #2292



Arch Diagonal Twist

Wolverine #4707



Arch Diagonal Twist

While there are hundreds of safety toe work boots available, *only a few models are going to pass the “Foot-Friendly” bend and twist test above.* You can now enjoy more comfortable work boots AND better foot feedback to the brain with these more flexible models. *In Foot Fitness-Industrial Grade! –Coach RJ*

www.ronjones.org “High-Performance Health” ©2010

(Ron Jones, MS, RKC, ACSM Health Fitness Specialist, Corporate Wellcoach, Z-Health)

Get Fit. Be Strong.

Foot-Friendly Safety Boots



Photo Image	Brand	Model & Code #	≈ Price	Comments
	Carolina	Women's 6" WorkFlex Lace To Steel Toe Oxford: #CA1424	\$100-140	The most flexible boot on the list! Quality construction & supple leather.
	Wolverine	Men's 6" Steel Toe Hiker: #W02072 *Steel-Toe Rated ANSI Z41 PT99 I/75 C/75 SD Type 1	\$60-111	Lighter & more athletic version that has mesh sides for better breathing but still safety approved.
	Wolverine	Men's CarbonMax Safety-Toe SR Work Boot: #W02292 *Steel-Toe rated ASTM F2413-05 M I/75 C/75 EH	\$97-120	This boot is lighter due to its carbon toe. Nice flexibility built into the high ankle area too.
	Wolverine	Men's 10" Brown Slip Resistant Electrical Hazard Steel Toe Wellington Boot: #W04707 *Steel-Toe Rated ASTM F2413-05 M I/75 C/75 EH	\$104-126	While not the most "arch" flexible boot on list, this boot is my #1 choice because of its "slip on" design which allows for more natural ankle mobility.

* Ron Jones (8.20.10)