



The rise of women in the workforce lends itself to an ever-increasing demand for safety gear designed specifically for women. Gone are the days of “one size fits all” when it comes to PPE, and boots are no different.

Safety boot manufacturers are fully aware of the fundamental differences between men’s & women’s feet, and an increasing range of women’s safety boots is available. And it’s not just the size that counts, but significant anatomical variations that make designing women’s safety footwear all the more important. The industry is slowly evolving beyond simply shrinking men’s boots for the female workforce, but what makes a comfortable, functional & well-fitting safety boot for women?

### The Optimum Fit

An ill-fitting work shoe can be a painful nuisance & a big distraction on the job. What’s worse is that distraction can become a potential safety risk. For a long day on the worksite, ergonomic safety footwear makes all the difference. Boots made from a **specific female last** should provide a better fit for women’s feet. Not all feet are created equal; **on average, women’s feet are shorter & narrower with a lower instep than men’s feet.** Look for a boot with a naturally narrow design to eliminate that loose fit that frequently results in blistering, slippage & accelerated wear. Naturally, women’s work boots with a smaller instep & shorter length will keep female workers on their feet for longer.

### Arch Support is Important

Women generally have a higher arch, which means a safety shoe designed with arch support tends to provide greater comfort & fit. Short of built-in support, a soft arch-supportive insole will help relieve foot stress.

For better arch support, Orthopedics surgeons recommend lace-up safety boots rather than pull-on or slip-in safety shoes. Work boots with a convenient & lace-less quick closure, like a Velcro or U-Turn wire system, also ensure a safe & snug fit. This will reduce foot fatigue & limit abnormal movements, which goes a long way towards preventing over-pronation & painful injuries like joint pains in the knee & hip.



## Support Around Ankle

Women's feet are shorter in the heel & ankle, which means an ill-designed safety boot won't align correctly. Safety footwear specifically designed for women should provide ankle support at a height marginally lower than a work boot that's are for men- something like a chukka boot. Women's safety boots should feature shorter ankle lengths to encourage mobility. Is an ankle boot preferred? Either way, it is important to consider the work ( Hot & Humid Indian) environment & choose a design that best suits you.

## Feet Should Be The Top Priority

Finding the right fit is the best thing workers can do for their feet. With differing foot anatomy, don't just settle for a men's work boot. Not only will a female-specific safety boot feel better, but it will also provide greater protection & functionality to make any workday far more productive.

While considering the nature of the work & the safety standards required of the protective footwear, consider these handy tips when you buy the next pair of safety boots.

If you have any queries, please forward the same to us at [info@jcbfootwear.in](mailto:info@jcbfootwear.in)



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