

# How to Choose the Right Boot

Foot comfort can make or break your day; if your feet are miserable, usually you are too. Whether they are for the jobsite, recreation, or both, choosing the right boots has a strong impact on your overall comfort.

## Upper Material

Should be made for the conditions — waterproof, contamination resistant, etc. Common materials are leather and nylon.



## Insulation

How much insulation is needed isn't based solely on the temperature — activity level needs to be considered as well. Warmer if you are stationary or facing wind chills and not as much insulation if you are very active.



## Outersole

Needs to provide not only protection against slips, but also other hazards you might encounter, such as electricity. Material should be specifically made to withstand cold temperatures and not crack after repeated exposure to cold surfaces.

## Ankle and Toe Protection

Ankle support helps reduce fatigue, sprains and impacts. Steel or composite toes protect a vulnerable area from hazards.



## Boot Closure

Laces, zipper, slip-on — there are many options. Some offer a more snug fit, others offer less chance of snags or contamination.



## Heel Kick

To prevent damage when kicking shoes off.

## Insole

Insoles should provide comfort and wicking properties. Adding in a padded insert can assist with comfort and also improve warmth.