

The Huestis Insurance Group

These boots were made for walking...not driving



With the range of new technologies built into newer vehicles, driving is becoming safer than ever, but sometimes collisions occur because of a lack of driving preparedness – specifically our choice of footwear.

Warmer weather in Canada often generates the desire to wear less restricting and more breathable footwear. That new pair of shoes you bought for a summer party might look great, but you may want to rethink driving in them. Even a simple task like changing gears could cause a serious problem in the wrong type of shoes.

Be extra careful in wet weather. Slippery soles make it easier for your foot to slip off the pedals. Before driving, make sure to wipe the soles of your shoes dry.

Keep an extra pair of good driving shoes in your car in case you find yourself wearing the wrong shoes. Just make sure to keep them out of the way of the gas and brake pedals, so they don't get lodged under and potentially cause a collision.

Footwear that you should NOT drive in:

- **Platforms** – they are heavy and have thick soles, so they're awkward to manoeuvre on the pedals, restrict what you can feel, and risk becoming jammed.
- **Stiletto**s – high, sharply pointed heels risk becoming caught in the floor mat, and hold your foot at the wrong angle for driving safely.
- **Strappy sandals** – flimsy, loose shoes may slip on the pedals, or expose your feet to painful abrasions.
- **Flip-flops, mules, and slippers** – these are not secure enough and may slip off as you drive. You need shoes that stay securely on the foot.
- **Boots** – too restrictive of ankle movement, and knee-length styles can catch against the seat.

Some running shoes – ones with thick, chunky soles restrict movement and the ridges may catch against the pedals. Not enough feel between your foot and the controls.

Footwear that IS good to drive in:

- The sole of the shoe should be no thicker than 2.5 cm.
- At the same time, the sole should not be too thin or too soft.
- There should be enough grip to prevent the sole from slipping off the pedals.
- The shoe should not be too heavy.
- It should not limit ankle movement.
- Thin-soled gym or walking shoes generally work fine.

— This article can also be found in [Safety Canada July 2010](#) edition along with other safety advice.

