

Don't Get Rubbed The Wrong Way By Blisters – Tips For Waiters & Waitresses

My name is blister and I'll be causing you a lot of pain this evening. Every waiter or



Blister caused by friction (Image source: remotemedicine.blogspot.com)

waitress' worst nightmare is, the painful reality getting a [blister](#) on their foot or toe while working. Carl a waiter for more than 30 years said, "I can tell you having a blister on your foot makes it hard to concentrate on providing the kind of service that makes customers happy and unhappy customers don't tip well."

The bottom line for

professional waiters and waitresses is that a blister on the foot can quickly go from a pain in the shoe to a pain in the pocket!

Spending hours on your feet running from a hot kitchen a cold dining room dodging kids and customers while carrying trays of steaming food and having to be friendly and attentive is hard enough work for most waiters and waitresses but doing it all while in pain from a blister is nearly impossible. My friend Joanna, says, "I can smile through crying kids, grumpy grandparents and picky people, but add a blister on my foot and I can lose it."

Carl and Joanna were both right, blisters on your feet can make you want to scream and affects your job performance and your personal bottom line. Podiatrists tell us the most

effective way to deal with foot blisters is to take steps not to get them in the first place. Preventing blisters is far better than treating blisters after they occur. Taking the time to take proper care of your feet before you start your shift is the ultimate blister treatment and one that will pay off at the end of the day.

Solving the problem of foot blisters is the same as any other problem it's best to start at the root of the problem; in this case that means friction. Blisters happen when your foot rubs against your shoe, add a little moisture, sweat and it's game over for your feet. The [American Podiatric Medical Association](#) advises prevention as preferred treatment for feet, an ounce of prevention being worth a pound of cure.

Restaurants and caterers all have [dress requirements](#) that limit the choice of footwear you can wear meaning comfortable tennis shoes are out of the question. Experienced waiters and waitresses know the place they have the most control over their feet is their choice of socks. [Anti blister socks](#) work in two ways they are designed to keep your feet dry by using fabric that wicks away sweat and are often combined with a



Most restaurants have strict dress codes (Image source: martynballestero.com)



ventilated design to keep your feet cool by improving air circulation around your feet.

Moisture wicking socks are made from fabrics that naturally remove sweat from your feet trap it in the sock. These socks can be made from natural fibers like silk or wool or man made

material like polypropylene, or a combination of natural and synthetic. 100% Cotton

Moisture wicking sock (Image source: amazingsocks.com)

socks should be avoided because they get saturated quickly which is a one way ticket to

blisterville.

Some anti blister socks incorporate padding into the heel, ball of the foot and toes to provide cushioning which reduces the rubbing that causes blisters. [Padded anti blister socks](#) can be made of natural or synthetic fibers and are available in variety of heights and colors. Combined with high tech ventilation grooves or channels they do double duty to prevent friction caused by rubbing to keep your feet cool and comfortable so you can stay on top of your game delivering service with a smile.



Padded anti blister sock (Image source: Store.nike.com)