

## Foot Protection

Foot protection is probably about the least talked about type of personal protection. Nevertheless, it is still an important safety topic. One nail puncture could cause weeks of lost time off the job.

### Guide for Discussion

#### *Characteristics of a Suitable Boot*

- Puncture resistant soles.
- Steel toes.
- Boot extends above the ankle.
- Sole provides good traction.

#### *Type of Injuries Commonly Resulting from Poor Footwear*

- Punctures from nails and tie wire.
- Bruises of the foot.
- Unsure footing.
- Blisters.
- Body fatigue.
- Mashing of foot resulting from dropped objects.

#### *Other Acceptable Footwear*

- Buckle Overshoes – for work in mud, water and concrete.
- Knee and Hip boots – for work in deep water and mud. Encourage use of rubber boots when placing concrete. Sometimes we forget concrete can cause severe burns if it comes into contact with the skin for any length of time.

### Additional Discussion Notes:

What is the company policy on wearing sandals or tennis shoes on the job? Discuss.

Remember: Almost all of us work on our feet or at least use our feet to get to work. Doesn't it make sense to take good care of our feet in order to insure that they are able to get us to work?

Attendees:

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.