



Company Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 10: Safe Footwear

Introduction: Thousands of work hours are lost every year due to foot injuries. The three main foot related injuries that are experienced by employees are ankle injuries, impact injuries, and puncture injuries. Proper foot protection will dramatically reduce the chance of these injuries, as well as slips, trips, falls. Requirements for protective footwear are as follows:

General Requirements:

- **The employer must** ensure that each affected employee use protective footwear when working in areas where there is a danger of foot injuries due to falling or rolling objects, or objects piercing the sole, and where an employee's feet are exposed to electrical hazards.
- **Special types or designs** of shoes, boots, or foot guards (such as non-skid soles, steel toes, and chemical resistant) are required where conditions exist that makes their use necessary for the safety of workers.
- **Leggings or high boots** of leather, rubber, or other suitable material must be worn by persons exposed to hot substances or dangerous chemical spills.



Specific Descriptions and Requirements for Protective Footwear:

- **Steel Toed:** Steel toed boots dramatically reduce the chance of foot impact injuries. Steel-toe or reinforced toe protection must be used in the workplace whenever heavy objects are being moved by hand or mechanical means. Steel-toe footwear must be of durable construction or use a boot cap which is secured to the foot (the boot cap must be worn at all times). If the steel-toe or reinforced toe footwear becomes damaged it must not be worn.
- **Hard-Soled Work Boots:** It is necessary to wear hard soled footwear whenever working in conditions where it is likely that an employee may sustain a puncture wound by stepping on a sharp object such as nails, glass, or sharp metal. Generally most sturdy leather work boots will suffice.
- **Non-skid Footwear:** It is necessary to wear non-skid footwear when working in potentially slippery conditions. Conditions such as wet or slick surfaces are especially hazardous. When working on roofs or other elevated surfaces it is necessary to wear comfortable shoes that fit well and have non-skid tread.
- **Chemical Resistant Boots:** A hard rubber or vinyl composition boot is generally used in areas where chemical hazards are present, or where work conditions are normally wet (such as concrete work). These boots should be seamless slip-on footwear which is of sufficient height to protect the leg from contact with splashing liquids.
- **Wear only** footwear that fits comfortably and properly. Always keep your laces securely tied.
- **Wear ankle braces** or "high-top" work boots/shoes if working on uneven terrain and the chance of twisting an ankle is always present.



Basic Foot Care: Most foot problems do not require any special treatment and with just a little extra attention, you can prevent or cure most foot problems. *Ingrown toenails* are caused by the toenail corners painfully growing into the skin. This painful condition makes wearing footwear very uncomfortable. Trim toenails straight across to help prevent ingrown toenails. Frequent soaks in warm soapy water may help if the ingrown toenail is not too serious; seek professional care if needed. A *bunion* results from the rubbing of a shoe or boot against an outward projection of the joint at the base of the big toe; leading to irritation and inflammation. To remedy a small bunion, wear well fitted shoes or boots and use a special toe pad that straightens the big toe and keeps it in position. People with recurring bunions should see a foot specialist. *Athlete's foot* (foot ringworm) is a common fungal infection that usually flares-up during warm, humid weather. The fungus can produce very mild scaling without any other symptoms, or more severe scaling with an itchy, raw, painful rash between the toes and over the sides of the feet. If left untreated, the fungus may lead to a more serious bacterial infection. There are many non-prescription creams and powders available that are very effective if used properly. Under-arm spray deodorants that contain aluminum chlorohydrate work well for spraying into your foot-gear to help control the fungus as well as foul-smelling boots. Most foot problems occur from not taking proper care of your feet, and wearing improper fitting footwear. Keep your feet clean and dry when possible and get rid of those ill-fitting uncomfortable boots.



Conclusion: Always tie your footwear securely. Ensure that walkways are clean, dry, and free of debris and clutter. Watch for slick surfaces, puncture hazards, and trip hazards. Remember, if you can't walk, you probably can't work.

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Material Safety Data Sheets Reviewed: _____ (Name of Chemical)

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent, job-related injury or illness.)

Foreman/Supervisor's Signature:

The first aid information provided is intended to be general in nature and is based upon the "best available" guidelines. No results either general or specific are represented or guaranteed. These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.