

FOOT SAFETY

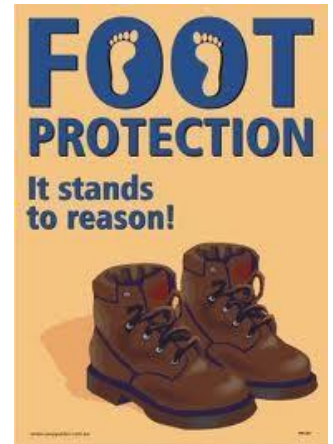
Thousands of lost time injuries occur every year due to foot injuries. The three main foot related injuries that are experienced by employees are (1) ankle injuries,(2) impact injuries, and (3) puncture injuries. Proper foot protection will dramatically reduce the chance of these injuries, as well as slips, trips and falls. Requirements for protective footwear are as follows:

General Requirements:

- 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 employees.
- **Leggings or high boots** of leather, rubber or other suitable material must be worn by employees exposed to hot substances or chemical spills.

Specific Descriptions and Requirements for Protective Footwear:

- **Steel Toe:** Steel toe boots dramatically reduce the chance of foot impact injuries. Steel-toe or reinforced toe protection must be used whenever heavy objects are being moved by hand or mechanical means.
- **Hard-Soled Work Boots:** It is necessary to wear hard soled footwear whenever working in condition 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.
- **Non-skid Footwear:** It is necessary to wear non-skid footwear when working in a potentially slippery condition. 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 worn in areas where chemical hazards are present, or where work conditions are normally wet (such as concrete work).
- **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 present.



Basic Foot Care:

- **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.
- **Bunions** result 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.
- **Athletes Foot** (*foot ringworm*) is a common fungal infection that usually flairs up during warm humid weather. The fungus can produce very mild scaling without any other symptoms, or more severe scaling with an itchy, raw, rash between the toes and over the sides of the feet. Under-arm spray deodorants that contain aluminum chlorohydrate work well for spraying into your foot-gear to help control fungus. Most foot problems occur from not taking proper care of your feet and wearing improperly fitted footwear.

