Protect Your Feet



Safety Talk

WHAT’S AT STAKE

You can’t imagine how painful and inconvenient a foot injury is until you’ve had one. If you injure a foot, you might be laid up for some time while the bills are mounting and your work projects are piling up.

WHAT’S THE DANGER

It’s sometimes difficult to convince people of the need for safety footwear. But the fact is safety shoes can protect you from many hazards, some of which can result in permanent injuries.

EXAMPLE

Among the most obvious hazards are those involving equipment, tools or items falling or rolling on your foot. These bone-crushing injuries and puncture wounds can be prevented by wearing the correct footwear. Safety footwear is rated according to how much protection it provides against certain hazards, such as impact and compression. Other kinds of safety footwear protect against electrocution, chemical spills, burns and frostbite.

HOW TO PROTECT YOURSELF

Simply put, you must wear the correct safety footwear that addresses the hazards in your workplace. You really can’t put it much plainer than that.

It takes all kinds

Certain materials resist oils, fats and various chemicals. Because different materials protect against certain substances, you need to follow your supervisor’s advice about the type of boots or shoes you should wear.

The shocking truth

Some safety footwear is made of non-conducting materials to help prevent electric shock in case of accidental contact. This type of footwear is required around electrical installations. Other safety shoes are designed to dissipate the build-up

of static electricity in areas where a spark might set off an explosion.

Don’t slip up

Anti-slip footwear may be needed where a worker has to walk on slippery surfaces such as wet floors or icy docks. Certain kinds of soles are made to grip better, and some kinds of anti-slip footwear have cleats.

Hot and Cold

Safety footwear can also be designed to protect against weather and temperature hazards. Some boots have layers of insulation to keep out the cold. Others are made to protect against heat and hot materials such as molten metals and asphalt.

FINAL WORD

The company’s safety policy dictates what kind of safety footwear you will need for your specific job. Follow the manufacturer’s instructions for maintaining your safety footwear. And don’t forget to wear the appropriate safety shoes when they’re needed off the job, too.