



# FOOT SAFETY ...on the job...

“when your feet hurt,  
you hurt all over”

# FOOT SAFETY

## WHAT SHOULD I KNOW:

- About foot safety ?
- About footwear selection ?
- About footwear fit ?
- About footwear care ?





# WHAT SHOULD I KNOW ABOUT FOOT SAFETY?

- About 10% of all injuries at work are foot injuries
- There is no job that is immune to foot injuries, but the hazards vary considerably
- Some hazards can be prevented through the design of the job or workplace
- Some hazards cannot be completely prevented. If there are risks to injuring your feet at work, then you should wear proper protective footwear. Common risks include: impact, compression, puncture, strains
- Having proper footwear includes selection, fit, inspection and care.
- Select CSA-certified footwear that is rated for the working conditions

# WHAT SHOULD I KNOW ABOUT SELECTION?





 Green triangle – Grade 1 protective toe (withstands impact up to 125 joules) with sole puncture protection. Used in heavy work environment

 Yellow triangle – Grade 2 protective toe (withstands impact up to 90 joules) with sole puncture protection. Used in light industrial work

# WHAT SHOULD I KNOW ABOUT SELECTION?



 Blue rectangle with “CSA” – Grade 1 protective toe. For industrial work not requiring puncture protection.

 Grey rectangle with “CSA” – Grade 2 protective toe. For institutional and non-industrial work not requiring puncture protection.

# WHAT SHOULD I KNOW ABOUT SELECTION?



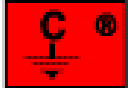
White rectangle with Orange “omega” – soles that provide resistance to electrical shock. Used in industrial work and risk of contact with live conductors




Yellow rectangle with green letters “SD” and grounding symbol – soles that provide anti-static protection. Used in industrial work with static discharge.

# WHAT SHOULD I KNOW ABOUT SELECTION?



 Red rectangle with black letter “C” and grounding symbol - soles that are electrically conductive. Used in industrial work with static discharge can create an explosion.

 White rectangle with green tree – protection using chainsaws. For forestry or work around hand-held cutting tools.

# WHAT SHOULD I KNOW ABOUT SELECTION?



- Handling Chemicals
- Slippery Floors
- Metal filings
- Molten metal
- Jumping and uneven terrain
- Hot/cold resistance
- Wet floors



# WHAT SHOULD I KNOW ABOUT SELECTION?

- Comfort
- Style
- Aeration
- Flexibility
- Weight



# WHAT SHOULD I KNOW ABOUT FIT?



- Fit:
  - Walk in new footwear to make sure it is comfortable
  - Do not expect footwear that is too tight to stretch
  - Should have ample toe room (12.5 mm from front)
  - Make allowances for extra socks or special inserts
  - Should fit snugly around heel and ankle when laced up
  - Lace up fully. High cut boots provide support against ankle injuries
  - Should grip heel firmly
  - Ask for a doctor's advice if proper fitting shoes are not available.



# WHAT SHOULD I KNOW ABOUT CARE?

- Care:
  - Use protective coating to make footwear water resistant
  - Inspect footwear regularly for damage
  - Repair or replace worn or defective footwear



# WHAT ABOUT PERSONAL FOOT CARE?

- Wash your feet daily with soap, rinse thoroughly and dry, especially between the toes
- Trim toenails straight across and not too short, do not cut into the corners
- Wear clean socks daily
- If your feet sweat a lot, keep an extra pair of socks on hand and allow shoes to dry out
- Non-colored wool or cotton socks are recommended for some
- For sweaty feet, try foot powder or consult a doctor if problematic

# And finally...

- Be logical:
  - Determine your risks
  - Add your own safety criteria – look for proper code or symbols
  - Select comfortable footwear
  - Take care of your footwear & your own feet



HAPPY FEET = SAFE FEET!

# Work Authority (formerly Iseco)

## SOME SAMPLES:

Kodiak Bleu



The Steel Worker



Terra

