7 MINUTE Safety Trainer Foot Protection

GOALS

This safety session should teach employees to:

- Understand job-related foot hazards.
- Know how to select footwear that will protect feet from injury.

Applicable Regulations: 29 CFR 1910.132, .136

1. Street shoes aren't always enough foot protection on the job.

- You may need protective footwear to protect your feet from:
  - —Falling or rolling objects
  - —Objects piercing the sole
  - —Electrical hazards
  - —Contact with corrosive or other harmful substances
  - —Slippery or wet floor surfaces
  - —Contact with heat/cold
  - —Stubbing or banging toes against heavy objects

2. Work shoes should be sturdy, in good condition, and fit well.

- Never wear sandals or thin or worn shoes.
- Even when special protective footwear isn't needed, work shoes or boots should:
  - —Fit comfortably, without slipping or pinching the foot or toes.
  - —Be made of leather, rubber, or a strong synthetic material.
  - —Provide good foot support.
  - —Have low heels and nonskid soles for good traction.
  - —Be in good condition, with no rips or holes.
  - —Fasten securely; laces shouldn't drag on the floor.

3. Protect feet against impact and punctures.

- Wear sturdy shoes with an impact-resistant steel-toe cap if you:
  - —Work with or around heavy equipment.
  - —Handle materials that could drop on toes or hand trucks that could roll over toes.
  - —Work below work areas from which tools or materials could fall.
- If you need added metatarsal protection against heavy objects landing on your feet:
  - —Wear aluminum alloy, fiberglass, or galvanized steel foot guards over shoes.
- If your work area floor has sharp puncture hazards like nails or wire:
  - —Wear footwear with metal insoles or reinforced soles.
  - —Don't wear footwear that contains metal where there's risk of electrical contact.

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4. Select footwear materials that protect against other job hazards.

- Wear impermeable rubber or neoprene boots if you work with corrosives or hazardous chemicals.
  - —Check safety data sheets (SDSs) for specific recommendations.
  - —Wear impermeable footwear either alone or over other work shoes.
- Wear shoes with nonconductive soles and no nails or other metal if you work with live electric power.
- Wear rubber boots or shoes or leather shoes with special soles that provide traction if you work on wet floors.
- Wear footwear with heat-resistant soles if you work on hot floors.
- Wear insulated footwear if you work in cold or wet areas.
- Wear removable over-the-ankle spats if you could get splashed by hot metal or welding sparks that might land in your shoes or boots.
  - —Don't tuck pants in or wear shoes with tongues around hot sparks.

5. Inspect and maintain work shoes.

- Check footwear before use to be sure there are no rips or holes.
  - —Repair or replace footwear that can't give you good protection.
- Decontaminate boots or boot covers that contact hazardous substances.
- Keep all components of footwear, particularly treads on the soles, clean.

6. Prevent foot injuries.

- Identify foot hazards and select proper protection before starting any job.
- Take care not to drop tools, materials, and heavy objects.
- Keep aisles clear of spills and tripping hazards.
- Walk, don't run.

DISCUSSION POINTS:

- Ask group members what the shoes they're wearing will (and won't) protect against.
- Discuss the foot hazards employees are likely to encounter on the job.

CONCLUSION:

- Prevent broken bones, burns, and other foot injuries.
- Wear sturdy shoes or boots that are designed to protect your feet from injury and to give you good footing in all work conditions.

TEST YOUR KNOWLEDGE:

Have your employees take the Foot Protection quiz. By testing their knowledge, you can judge their ability to protect their feet and whether they need to review this important topic again soon.

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Careful Selection: The 'Sole' of Foot Protection

All work shoes or boots should have:

- ✓ Good fit, support, and condition
- ✓ Leather, rubber, or a strong synthetic material
- ✓ Good support
- ✓ Low heels
- ✓ Nonskid soles
- ✓ Secure fasteners or laces

Select footwear designed to protect against the hazards of your job:

Hazard	Protection
• Falling objects or bumps	• Reinforced impact-resistant toes or metatarsal foot guards
• Punctures	• Metal insoles or reinforced soles
• Electrical shock or burns	• Nonconductive or electrical hazard insulated footwear
• Wet floors	• Rubber type boots; leather shoes with special soles
• Cold or damp	• Insulated footwear
• Hot floors	• Heat-resistant soles
• Hot metal splashes or welding sparks	• Easily removed over-the-ankle spats

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FOOT PROTECTION QUIZ

1. **If there are no special hazards, it doesn't matter what shoes you wear on the job.**
   a. True b. False

2. **The Occupational Safety and Health Administration (OSHA) standards say employers must require employees to use protective footwear when feet could be injured by:**
   a. Motor vehicle accidents
   b. Recreational team sports
   c. Falling or rolling objects

3. **Shoes or boots can help prevent slips and falls on the job if they have:**
   a. Metal parts
   b. Nonskid soles
   c. Plenty of toe room

4. **If you work in material handling or around heavy equipment, your footwear should:**
   a. Have reinforced, impact-resistant toes
   b. Be made of rubber
   c. Have no metal parts

5. **For added protection against injuries from falling objects, you might wear:**
   a. Heavy socks
   b. Aluminum alloy, fiberglass, or galvanized steel footguards
   c. Over-the-ankle spats

6. **To protect against electrical shock, your footwear must have:**
   a. Nonskid soles with heavy treads
   b. Steel impact-resistant toes and metal insoles
   c. Nonconductive or electrical hazard insulation

7. **Boots that protect against hazardous chemicals and corrosives are usually made of:**
   a. Metal
   b. Rubber or neoprene
   c. Canvas

8. **If there's a risk of hot metal splashes or welding sparks, you can keep them out of your shoes by wearing:**
   a. Removable over-the-ankle spats
   b. Aluminum alloy, fiberglass or galvanized steel foot guards
   c. Leather shoes with wooden soles

9. **When you remove footwear contaminated by hazardous chemicals, you:**
   a. Place it in your locker
   b. Follow decontamination procedures
   c. Rinse it over a drain

10. **In addition to wearing proper foot protection, you can also prevent foot injuries by:**
    a. Keeping aisles clear of slipping and tripping hazards
    b. Practicing foot-strengthening exercises
    c. Keeping feet dry

When you have completed this quiz, turn it in to your supervisor.

Name:_____ **Date:**_____