

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C010: 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, and falls. Requirements for protective footwear are as follows:

Section I- 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.

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.

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).

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. 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. **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, 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 the fungus. Most foot problems occur from not taking proper care of your feet and wearing improper fitting footwear.

- Trim toenails straight across to help prevent **ingrown toenails**
- Wear well-fitted shoes or boots as well as a toe-straightening pad to remedy **a small bunion**
- Under-arm spray deodorants containing aluminum chlorohydrate help to control fungus from **athlete's foot**

Conclusion: Always tie your footwear securely. Watch for slick surfaces, puncture hazards, and trip hazards. Remember, if you can't walk, you probably can't work.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.