
WEEKLY TOOLBOX TALK: TAKE CARE OF YOUR FEET

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Most people don't think much about their feet, until a foot begins to hurt. Damage to even one bone, ligament, or muscle in the foot can be very painful and make it difficult or impossible for you to keep on your feet and do your job. Unfortunately, statistics tell us that work related foot injuries are common.

Foot injuries can result from:

- ? Broken bones caused by heavy falling or rolling objects, like sheetrock dollies
- ? Bruises and stubbed toes caused by bumps
- ? Puncture wounds from sharp objects like screws, nails etc.
- ? Sprains from slips and falls
- ? Amputations caused by machinery and tools
- ? Burns from hot or hazardous substances

Depending on the hazard, you may need to wear foot protection, such as:

- ? Rubber soled shoes for wet or slippery surfaces
- ? Reinforced, impact-resistance work shoes or boots to protect feet and toes from being bruised or crushed

Even when protective footwear is not needed, work shoes or boots should:

- ? Fit comfortable, without slipping or pinching the foot or toes
- ? Be solidly constructed of sturdy materials that can resist wear and tear
- ? Provide good foot support
- ? Have low heels and non-skid sole for good traction
- ? Be in good condition, with no rips or holes
- ? Fasten securely; laces shouldn't drag on the floor
- ? Defective shoes with holes and penetrations should not be used or wear with tape

Follow these safety rules to protect your feet on the job at all times:

- ? Identify foot hazards for your job every time you push a dolly, when you climb, when you wear stilts, etc.
- ? Keep alert to foot hazards and avoid careless or risky behavior that could result in a foot injury
- ? Watch where you're going and walk; don't run from place to place
- ? Always pay attention to where you place both of your feet
- ? REPORT ALL INJURIES TO YOUR SUPERVISOR

Tags:

safety

Toolbox Talk:

Injuries

Personal Protection Equipment
