

Safety meeting blueprint

✓ Meeting Topic: Foot protection

✓ Today's Date: _____

✓ Attendee Signatures:

It's near the end of a long work shift and your feet are killing you. Many of us might accept that foot pain is just part of the job. In reality, however, there are steps we can take to reduce foot fatigue as well as other foot injuries.

Potential job-related injuries to our feet include

- crushed or broken feet, including amputation of the toes or feet
- punctures to the sole of the foot
- cut or lacerated feet or toes
- burns
- electrical shocks
- sprained or twisted ankles, or fractured or broken bones because of a slip and fall

(Has anyone here suffered one of these types of foot injuries?)

There are other foot-related conditions that we need to be aware of too, including calluses, ingrown toenails and tired feet.

Less focus

Keep in mind that when your feet are causing discomfort and pain,

you're less able to focus on safety during dangerous jobs, putting you at higher risk for an injury not directly related to your feet.

One of the best ways to prevent foot-related injuries is to wear the right type of footwear for the hazards you might face.

For instance, select steel-toed shoes for protection against falling objects, which is one of the leading causes of foot injuries.

Increased traction

Slip-resistant safety boots can help prevent slip-and-fall injuries because they increase the traction of the footwear.

You can also choose safety shoes made of rubber, PVC, or neoprene to safeguard your feet from electrical hazards.

Also, keep in mind several important considerations when buying safety boots.

When purchasing safety shoes for work, bring along a pair of well-padded socks that you might typically use on the job. That way, you're more likely to pick shoes that

fit properly.

Also, have both your feet measured, because they normally differ in size. Pick safety boots that fit the bigger foot.

Buy footwear late in the afternoon, when your feet are likely to be swollen to their maximum size.

Not too tight

When evaluating a potential pair of new shoes, keep in mind that the instep should fit snugly, but not too tightly. If the instep is too loose, your heel could slip too much.

The ball of your foot should rest on the ball of the footwear. If it doesn't, the ball of your foot could be positioned too far forward and force the toes into the toe box.

While you might experience some slipping in the heel with a new pair of boots, remember that as you break in the footwear, the sole will flex and, with time, the shoes will slip less.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Foot protection

1. To safeguard your feet from electrical hazards, you should choose safety shoes made of

- a. Rubber
- b. PVC
- c. Neoprene
- d. Any of the above

2. The instep for a potential new pair of shoes should fit

- a. Loosely
- b. As tightly as possible
- c. Snugly, but not too tightly
- d. None of the above

3. When the feet are causing discomfort, we're less able to focus on safety during the job, increasing the risk for workplace injuries not directly related to the

feet. True or False?

4. Potential injuries to the feet include

- a. Crushed or broken feet
- b. Burns
- c. Electrical shocks
- d. All of the above

5. For protection against falling objects, you should select

- a. Waterproof shoes
- b. Steel-toed shoes
- c. Shoes made of rubber
- d. None of the above

6. You should buy safety footwear in the morning. True or False?

7. If your feet aren't the same size, you should pick safety boots for

- a. The bigger foot

- b. The smaller foot
- c. Either foot
- d. None of the above

8. Which of the following is a foot-related condition that we need to be aware of?

- a. Calluses
- b. Reynaud's syndrome
- c. Lyme disease
- d. Zika

9. When purchasing safety shoes for work, you should bring along

- a. A pair of safety gloves
- b. Well-padded socks
- c. Your hard hat
- d. None of the above

10. One of the best ways to prevent foot-related injuries is to

- a. Only handle jobs that

don't require standing for long periods of time

- b. Wear white socks
- c. Use the right footwear for the hazards you might face
- d. None of the above

11. As you break in a new pair of safety shoes, the sole will start to flex and, over time, the footwear will slip less. True or False?

12. Slip-resistant safety boots can help prevent slip-and-fall injuries because

- a. They're more comfortable to wear
- b. They increase the traction of the footwear
- c. They're waterproof
- d. None of the above

Test your knowledge: The answers

1. d
2. c
3. True. Foot protection not only helps prevent foot-related injuries, it also helps head off other injuries from mishaps not directly related to the foot.
4. d
5. b
6. False. You should purchase safety footwear late in the afternoon, when your feet are likely to be swollen to their maximum size.
7. a
8. a
9. b
10. c
11. True. That's why it's OK for new shoes to have a little slippage in the heel.
12. b