

# **4 - Foot Protection: Safety Training**

EH&S – MGA

## **Goals: This safety session should teach you to:**

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

## **OSHA Regulations: 29 CFR 1910.132, .136**

### **1. Street Shoes Aren't Always Enough Foot Protection on the Job**

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

### **2. Work Shoes Should be Sturdy, in Good Condition, and Fit Well**

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

### **3. Protect Feet Against Impact and Punctures**

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

#### **4. Select Footwear Materials That Protect Against Other Job Hazards**

- A. Wear impermeable rubber or neoprene boots if you work with corrosives or hazardous chemicals.
- B. Check safety data sheets for specific recommendations.
- C. Wear impermeable footwear either alone or over other work shoes.
- D. Wear shoes with nonconductive soles and no nails or other metal if you work with live electric power.
- E. Wear rubber boots or shoes or leather shoes with special soles that provide traction if you work on wet floors.
- F. Wear footwear with heat-resistant soles if you work on hot floors.
- G. Wear insulated footwear if you work in cold or wet areas.
- H. 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.
- I. Don't tuck pants in or wear shoes with tongues around hot sparks.

#### **5. Inspect and Maintain Work Shoes**

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

#### **6. Prevent Foot Injuries**

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

### **Summation: 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.