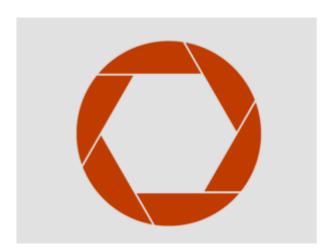
# Is This the Kind of Foot Protection You Want YOUR Workers to Use?



What's wrong with this picture?



Flip flops and picks aren't a great combination. One wrong swing of his tool and this worker is looking at serious medical damage to his feet.

**The Moral:** The OSHA Foot Protection standard (Sec. 1910.136(a)), you must ensure workers to use appropriate protective footwear that complies with:

- ASTM F-2412-2005, "Standard Test Methods for Foot Protection," and ASTM F-2413-2005, "Standard Specification for Performance Requirements for Protective Footwear"
- ANSI Z41-1999, "American National Standard for Personal Protection Protective Footwear"

• ANSI Z41-1991, "American National Standard for Personal Protection — Protective Footwear

Notice that flip flops didn't make the list.

## What's at Stake: 3 Reasons to Pay Attention

- 1. There are a lot of things in the workplace that can hurt your feet:
  - Falling & flying objects
  - Sharp edge
  - Hazardous chemicals
  - Extreme heat & cold
  - Electricity
- 2. Using protective footwear will prevent most foot injuries
- 3. Protective footwear doesn't work unless you wear it—too bad the worker in the photo didn't get the memo!

#### 9 Kinds of Protective Footwear

Flip flops aren't appropriate foot protection. But the following footwear may be—depending on the hazards to which you're feet are exposed:

- 1. Metatarsal (Mt rated) Footwear
  - Designed to protect the toes



- 2. Conductive (Cd rated) Footwear
  - Designed to protect against static electricity
  - Dissipate static electricity from the ground



- 3. Electrical Hazard (EH rated) Footwear
  - Made of materials that don't conduct electricity and that resist shock
  - Designed to protect against electrical contact



- 4. Static Dissipative (SD) Footwear
  - Reduce accumulation of static electricity
  - Conduct body charge to ground while maintaining a high level of resistance



- 5. Puncture Resistant (PR) Footwear
  - Prevent sharp objects from piercing the sole of the foot
  - Conduct body charge to ground while maintaining a high level of resistance



- 6. Heat Resistant (HR) Footwear
  - Protect feet against burns and high temperatures



#### 7. Cold Resistant Footwear

• Protect feet against freezing and cold temperatures



#### 8. Chemical Resistant Footwear

• Protect feet from hazardous chemicals



### 9. Slip Resistant Footwear

• Prevent falls by providing grip on slick and slippery surfaces



# **8 Foot Protection Tips**

Protective footwear doesn't work unless you select the right kind and use it properly:

- 1. Choose safety footwear designed to protect you from the hazards you face on the job
- 2. Make sure footwear you choose has markings indicating it's been approved
- 3. Walk around in safety footwear and make sure it's comfortable before buying/selecting it
- 4. Make sure boots have enough toe room—toes should be about  $\frac{1}{2}$  inch (12.5 mm) from the front
- 5. When fit testing, make allowances for socks and inner linings
- 6. Inspect your protective footwear for damage each time you use it
- 7. Replace the footwear if it's damaged
- 8. Use leggings, toe guards or other additional devices necessary to protect your feet and toes

Use this Photo to Train Your Workers about Foot Protection