



SAFETY FOOTWEAR

We rely on our feet every day and in construction many tasks would not be possible without using our 2 feet. It's important to protect our feet from worksite hazards and reduce the risk of a foot injury, some of which can be very serious.

COMMON FOOT INJURIES

- Punctures
- Crushing
- Lacerations
- Sprains / Strains
- Fractures
- Burns

COMMON FOOT HAZARDS

- Sharp objects
- Falling objects
- Uneven surfaces
- Hot work / chemicals
- Extreme temperatures
- Rolling objects
- Struck by caught in between
- Electrical hazard

WHAT TO CONSIDER WHEN CHOOSING FOOTWEAR

- Footwear should match the worksite hazards; match the boot to the work.
- Slip resistant soles with great traction are a must.
- Safety toe footwear to protect toes from falling objects striking top of foot.
- Puncture resistant footwear to reduce the risk of penetration through the sole.
- Specialty insulated or non-conductive footwear for work around electrical hazards.
- Relatively comfortable for all day wear with option to add insoles.
- Proper fit is vital, have your feet measured as once foot is often longer than the other.

TIPS

- Inspect footwear regularly for damage.
- Apply protective coatings to ensure longevity.
- Wear clean dry socks at the start of the work shift and switch them if wet.
- Understand the hazards in your workplace and choose the appropriate footwear based on those hazards.