

FOOT PROTECTION AT WORK

Purpose

The purpose of this safety announcement is to inform and protect faculty and staff against injuries from possible hazards in the work/ school environment.

Guideline

The U.S. Department of Labor Occupational Safety & Health Administration regulation 29CFR, standard numbers 1910:132 (d), 1910:136, 1910:132 (f)95, are our guiding factors.

What causes injuries?

- Taking chances or unnecessary risks
- Not watching for hidden hazards
- Not using equipment as specified
- Inattention
- Messy work area or tools
- Not wearing the proper footwear for work

Types of injuries and protection

- Falling and Rolling Objects, Cuts and Punctures
Steel-toe safety shoes; add-on devices: metatarsal guards, metal foot guards, puncture-proof inserts, shin guards
- Chemical, Solvents
Footwear with synthetic stitching, and made with rubber, vinyl or plastic
- Electric Current
Shoes or boots with rubber soles, heels, no metal parts and insulated steel toes
Extreme cold
- Shoes or boots with moisture- or oil-resistant insulation, and that can repel water (if this is a problem); insulated socks
- Extreme Heat and Direct Flame
Overshoes or boots of fire-resistant materials with wooded soles
High voltage
Shoes with rubber or cork heels and soles and no exposed metal parts
- Sanitation Contamination
Special plastic booties or overshoes; paper or wood shower sandals
- Slips and Skids (from wet, oily shoes with wooden soles or cleated, surfaces)
Non-slip rubber or neoprene soles; non-skid sandals that slip over shoes; strap-on cleats for icy surfaces
- Static electricity
Shoes or boots with heels and soles of cork or leather
- Wetness
Lined rubber shoes or boots; rubbers or shoes of silicone-treated leather

Protective footwear is essential

- Safety shoes or boots protect your feet
- Help prevent injuries
- Reduce the severity of injuries, that do occur
- Safety footwear is comfortable, flexible, stylish and protection from injury

Responsibilities

It is the Supervisors' responsibility to train or schedule training on the aforementioned subject, to note deficiencies and see that they are corrected ASAP. In the case of an employee coming to work in unsafe safe footwear, the supervisor can tell the employee to punch out and go home to change, then return to work with proper footwear. It is the employees' responsibility to seek training on the aforementioned subject, report deficiencies and see that they are corrected ASAP.

Treatment

Seek medical treatment right away. Follow the University's policy for accidents. A specialist (podiatrist) may be the proper person to see if you have a problem.

Additional resources; this is only a sampling of additional information
OSHA website or nearest office

[EHS Today](#)

Additional articles under id number's 11960; 10921; 10582; 1537

[Lab Safety Supply](#)

[Texas American Safety Co.](#)

[State of New Jersey POESH Program](#)

[Northern Safety – Foot Protection in the Workplace](#)

1-800-FOOTCARE (366-8227)

Take the Quiz on the next page

FOOT SAFETY AT WORK

Quiz

1. What are some of the causes of foot injuries?
 - a. Taking chances or unnecessary risks
 - b. Not watching for hidden hazards
 - c. Messy work areas or tools
 - d. Not wearing the proper footwear for work
 - e. All of the above

2. Using the proper protective footwear for the task at hand?
 - a. insures there are no problems with your feet
 - b. guards against foot injury for the task at hand
 - c. enables you to feel better
 - d. none of the above

3. Proper protective footwear comes in only one style?
 - a. true
 - b. false

4. When protective footwear becomes worn, full of holes or damaged, you should?
 - a. clean them
 - b. give them to someone else
 - c. replace them

5. The proper footwear will insure you that you will have no problems with your feet?
 - a. true
 - b. false

6. In seeking treatment for any foot-related accident, you must follow the University's policies in order to be covered?
 - a. true
 - b. false

7. Which of the following are the basic types of foot protection:
 - a. Steel-toe safety shoes, metal foot guards
 - b. Shoes with moisture- or oil resistant insulation
 - c. Non-slip rubber or neoprene soles
 - d. all of the above
 - e. non of the above

8. If you are wearing an unsafe pair of footwear for your job, you may be?
 - a. told to punch out and go home to change and then return to work
 - b. told to do other work
 - c. given the day off with pay

9. Whose responsibility is it to seek and supply training about foot protection:
 - a. only those who handle dangerous tasks
 - b. all people doing anything that might cause a foot injury
 - c. no one, it is common knowledge
 - d. the employee and their supervisor

10. Who put out the guidelines or regulations for safety training on foot protection:
 - a. the worker
 - b. the supervisor
 - c. WPUNJ
 - d. U.S. Dept. of Labor under OSHA

Answers are below, but do not peek until you complete the quiz.

Self check answer key. How did you do?

1. e. All of the above
2. b. guards against foot injury for the task at hand
3. b. false
4. c. replace them
5. b. false
6. a. true
7. d. all of the above
8. a. told to punch out and go home to change and then return to work
9. d. the employee and their supervisor
10. d. U.S. Dept. of Labor under OSHA