



FOOT PROTECTION – PREVENTING SLIPS, TRIPS, AND FOOT INJURIES

Our feet carry us through every task on site. Whether cleaning floors, performing maintenance, moving equipment, or walking through plant areas, proper foot protection plays a major role in preventing injuries.

Foot injuries are common in workplaces where workers are exposed to slippery surfaces, falling objects, sharp materials, or uneven ground. Wearing the correct footwear and staying aware of your surroundings helps prevent these injuries.

Common Foot Hazards in the Workplace

Many workplace environments present risks to the feet, including:

- Slippery floors or wet surfaces.
- Loose cables or objects on walkways.
- Falling tools or materials.
- Sharp objects on the ground.
- Uneven or damaged flooring.
- Moving equipment or carts.

Without proper footwear and awareness, these hazards can lead to serious injuries.

The Importance of Proper Footwear

Safety footwear is designed to protect workers from many common hazards.

Features may include:

- **Steel or composite toe caps** to protect against falling objects.
- **Slip-resistant soles** to reduce the risk of slipping.
- **Puncture-resistant soles** to protect against sharp objects.
- **Ankle support** for stability on uneven surfaces.
- **Durable materials** to protect against chemicals or abrasion.

Wearing the correct footwear is essential for reducing foot injuries.

Good Practices for Foot Safety

Workers can reduce the risk of slips, trips, and foot injuries by:

- Wearing approved safety footwear where required.
- Keeping walkways clean and free from obstacles.
- Cleaning spills immediately.
- Avoiding running or rushing in work areas.
- Watching where you step, especially in unfamiliar areas.
- Ensuring footwear is properly fitted and tied.

Small actions can prevent serious injuries.

Inspect Your Footwear

Footwear should be checked regularly for:

- Worn or damaged soles.
- Loose or damaged toe caps.
- Cracks, tears, or holes in the material.
- Loss of slip resistance.

Damaged footwear should be replaced to maintain protection.

Summary

Foot protection is an essential part of workplace safety. Proper footwear helps prevent slips, trips, and injuries caused by falling objects or sharp materials. By wearing suitable footwear, maintaining good housekeeping, and staying alert, workers can significantly reduce the risk of foot-related injuries.

Discussion Points

1. What foot hazards exist in our work areas?
2. How can poor housekeeping increase slip and trip risks?
3. When should safety footwear be replaced?

