

## Jason Mechanical Corp

# Tool Box Safety Talk

### Foot Protection

They are light weight, flimsy, and offer little traction. They are bowling shoes! What do bowling shoes have to do with a Safety Meeting on foot protection? They are an example of a shoe designed with two (2) specific purposes in mind -- sport performance and foot safety. All athletic shoes offer foot protection and each sport requires a specific shoe.

At the workplace, one generally thinks of a safety shoe as a steel toed boot. While a steel toed boot does protect your toes from being crushed, they are only one of many types of safety footwear.

One would not wear golf shoes on a bowling alley or play basketball wearing ice skates. The same holds true in industry. Specific dangers require specific footwear.

At the workplace, you may require traction, steel protection, chemical resistance, heat and/or fire resistance, dryness, non-sparking, cushioned, or ankle-protecting footwear. You may require any combination of the above and, for every danger in the workplace, there is an appropriate type of protective footwear which must be worn.

Your foot is a remarkable piece of engineering which is composed of 26 bones, muscles, fatty tissue, nerves, tendons, skin and joints.

Safe working practices are your first line of defense in foot protection. Following company safety procedures and common sense can eliminate many foot injuries.

However, accidents can and do occur. Sometimes an accident is truly the result of another person's actions and accidents can occur as a result of mechanical or design failure.

The second line of defense is the foot itself which can absorb a tremendous amount of punishment without damage.

The third line of defense is the most easily achieved. Wear the proper protective footwear! It's that simple and it is required by OSHA.

One last item about foot protection which is seldom mentioned in a Safety Meeting but is of importance -- cleanliness! Keep your feet clean and dry your feet thoroughly after bathing. Moist areas are conducive to bacterial growth.

It would be a shame to lose a foot or part of a foot because of an accident in the workplace -- wear proper foot protection!