



Toolbox Talk: Foot Wear

Just like picking the right tool for the job, ensuring that your body is protected at the workplace with the right gear is extremely important in construction. This applies to every part of your body, especially your feet. Since you are often exposed to conditions that could be hazardous to your feet. Wearing safety footwear is essential in protecting your feet against injury.

There are several factors that determine what type of footwear is appropriate for you:

- Job Activity
- Equipment Handled
- Potential Hazards
- Requirments for the position

What's your type?

- High-cut: protect feet and ankles from sparks, molten metals and chemicals
- Steel toe, reinforced safety toe or reinforced toecap: cushion feet in case of contact with heavy materials
- Reinforced metal soles: protect feet against punctures from nails, screws or scrap metal
- Steel mid-soles: protect feet against puncture from sharp objects
- Non-slip soles (rubber or wooden): protect worker from slipping on wet surfaces
- Insulated footwear: protect feet against extremely cold temperatures
- Metal-free footwear: worn when working around electricity
- Treated footwear: protect against chemicals

The right fit for you.

Once you determine what safety footwear is needed, select the boot with the right fit for your foot. Follow these tips when making your selection.

- Walk around to ensure comfort.
- Examine toe room - there should be 1/2 to 1 inch from the big toe to the front of the shoe with your heavy work socks or arch supports.
- When laced completely, the boot should fit snug around the heel and ankle.

Keep them like new

To get the most wear out of your boots, apply a water resistant protective coating. Also regularly check for wear and tear to ensure that your feet are always fully protected. **Replace footwear whenever you notice that the leather covering the steel toe has become worn or cut, or if a substantially heavy object falls onto your safety toe.**

Anyone have a question or comment about choosing the right footwear? Please be sure to sign-in on the training certification form.

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