

Wearing and Working

Remember to follow these footwear guidelines:

- Put a protective water resistant coating on your footwear before you wear it.
- Always lace up your boots fully.
- Never jump off equipment.
- Always use the three point contact for climbing.
- Watch out for slipping and tripping hazards.
- Keep your work site clean.
- Do not wear steel-toe boots that have the protective toe covering exposed.

Inspecting

Follow these guidelines to help your footwear do its job longer:

- Inspect footwear regularly for damage.
- Clean off any road salt or other substances.
- Remove any metal pieces that may have gotten stuck in the soles.
- Repair or replace worn or defective footwear. If the tread pattern is eroded by wear, it's time to get new protective footwear.



Be Committed

Be committed to reducing foot injuries. Make sure that you work safely and keep your work area safe from hazards. Make sure you wear the right kind of protective footwear for the job you're doing.

Protective footwear and proper procedures to protect feet are issues for both employers and employees. Use and maintenance of safety footwear should be part of your company policy.

For more information, refer to current applicable Occupational Health and Safety Legislation.

The Alberta Construction Safety Association's mission is to provide quality advice and education for the construction industry that will reduce human suffering and financial costs associated with workplace incidents. This brochure is part of a series, **The Toolbox Brochures**, which are available on a variety of safety topics. If you have any questions or comments please contact:



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Protective Footwear



Making Safety A Way Of Life



The Alberta Construction Safety Association

Controls and Safeguards

Appropriate footwear is an important part of your personal protective equipment (PPE) on the job. Just like other PPE, footwear is used as a last resort. Other controls and safeguards must be in place:

- Do proper housekeeping to eliminate tripping, slipping, and puncture hazards.
- Use machinery for lifting.
- Ensure good ergonomic design in your work area.
- Follow safe work practices and procedures.

A combination of control methods will give the best results.

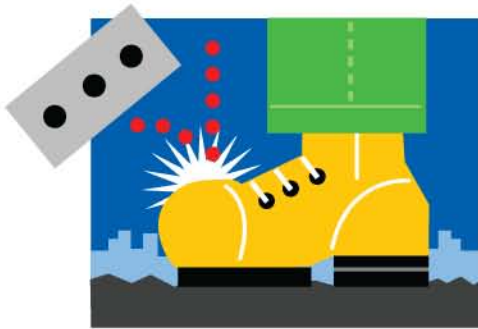
Protect Yourself

Walking—it's something many of us take for granted. Protective footwear can save your ability to walk. Without this footwear you could suffer a number of injuries—crushing, bruising, fractures, sprains, strains, cuts, burns, and scalds.

There are three common types of injury to the foot:

- Puncture wounds—you step on a nail.
- Impact wounds—a heavy object lands on your foot.
- Movement or pressure wounds—sprains to your ankle.

Fire, electricity, heat, and corrosive liquids are also dangers.



More than Toes

When choosing footwear, people often think about things dropping on the toe or punctures through the sole. But, a large number of foot injuries are ankle and metatarsal (front part of the foot) injuries. Sprains and breaks take you off the job too. Percentages of injuries to the foot in the construction trade include:

Toe	21 %
Sole	13 %
Metatarsal	28 %
Ankle	30 %
Heel	8 %

What Are the Hazards?

An employer must ensure that a worker uses footwear that is appropriate to the hazards associated with the work being performed, and the work site. The selection of footwear must comply with CSA standards. Refer to current Occupational Health and Safety Legislation for additional information.

Construction Footwear Tips

With very few exceptions, the use of Grade I footwear with puncture resistance and high voltage protection is required in Alberta. Puncture resistance will protect you from nails and other sharp objects that are often found on construction sites.

Electric shock resistant soles are always a good idea. But remember, the protection is only on the sole and foot, and it may become less effective over time.

You may also see anti-static footwear. This footwear discharges static electricity from the body and clothing through the shoes into a properly grounded floor (e.g., paint spray booths). This type of footwear is actually dangerous if you are working near open electrical circuits or highly charged electrical equipment. That kind of work environment requires the use of electric shock resistant soles.

For most construction projects, leather, high top boots are recommended. Choose a sole that will provide slip resistance for the types of areas you work in.

Remember, select footwear according to the hazards you're exposed to.

Buying Footwear

When buying footwear, make sure you clearly explain what you do and what you need the footwear to do. Go to a store that specializes in protective footwear and gain the benefits of consulting with an industrial footwear professional.

Make sure you walk in new footwear to test its level of comfort for you. There should be plenty of toe room. When laced, footwear should be snug around your heels and ankles to provide support and protection.

Remember, you might be wearing heavy socks. When trying on a boot, wear the same socks or liners that you would wear on the job.