

Safety-toed boots and shoes: Protect your feet

Takeaways

- Safety-toed boots and shoes help protect your feet from on-the-job hazards.
- Safety-shoe requirements should be based on the results of a hazard analysis.
- Document the analysis and reasoning for PPE selected.
- Shoes/boots should be inspected regularly, just as any other PPE.

You know how important the right shoes are for pretty much anything. Choosing the right ones for work can prevent a serious injury.

Safety-toed shoes protect your feet from injuries due to falling items, crushing, or laceration. There are multiple types of safety-toed shoes, including steel, alloy, or composite toe. Each of these materials has pros and cons, but all of them must meet American Society for Testing and Materials' (ASTM) rigorous impact and compression standards to be safety-rated personal protective equipment (PPE). Hazards such as electric shock, hot surfaces, slippery surfaces, or corrosive materials may impact the type of safety shoes needed to help prevent injury. Boots are the most common type of safety-toe shoes, and they come in a variety of styles.

How to get started

Proper footwear can prevent unnecessary injuries. Where hazards exist, complete an analysis to determine if PPE is necessary. Heavy materials, rolling equipment, and sharp objects are serious hazards to the feet and toes.

Remember that having the correct protective footwear is only part of the equation. Safety-toed shoes protect your feet from hazards. But they will wear out, too! Shoes that show visible signs of wear and tear should be replaced immediately. Speak to your supervisor about replacement options.



Take action (Complete one or more activities as a team)

- GROUP DISCUSSION:** What are the benefits of protective footwear on the job and at home?
- GROUP ACTIVITY:** Inspect your safety shoes. What areas wear out the fastest? What are signs of wear that you should make note of?
- FIELD TRIP:** Inspect the workplace/jobsite to identify foot and ankle hazards. Discuss the protective footwear required. Does it adequately address the hazards?

