

Protecting Your Feet

SAFETY SHARE COURTESY OF: Lauren Selvik, TXAPA Administrator



According to the Bureau of Labor Statistics, workers in the U.S. experience at least 60,000 significant foot injuries every year. It is important to always be aware of how you can take care of your feet because foot injuries can occur in every type of work environment and can have serious consequences for overall health and safety. Follow these simple tips to keep your feet up to the task:

- Be aware of workplace and equipment hazards before starting your work. Say something if you see something of concern, such as:
 - Loose nails
 - Sharp objects low to the ground
 - Unguarded machines, such as saws
 - Poorly lit walkways
 - Slippery floors
- When on your feet for long periods of time, take rest breaks to alleviate foot problems. Short, frequent breaks are preferable over fewer, longer breaks.
- Inspect footwear regularly for damage. Only wear footwear that is in good condition.
- Wear the proper foot protection for the job you are performing. If you are unsure of your work environment's hazards, ask these questions to help determine what type of footwear is best:
 - What are the American National Standard Institute (ANSI) standards for footwear?
 - Does this job require steel-toed boots?
 - Do my work shoes need to be slip-resistant?
 - Will I be required to stand for long periods of time?
 - Will we be working on hard, unyielding floors like concrete?