

Foot protection means guarding your toes, ankles, and feet from injury. Believe it or not, your feet have 26 bones for support and 38 joints for movement in each foot. Your feet protected and safe from harm should be a high priority; in fact, all jurisdictions across Canada require workers protect their feet from workplace hazards, by correctly using protective footwear certified by CSA Group.

Protective Footwear

Date Discussed:

Signature:

Safety protective footwear must meet the requirements of CSA standard Z195-M92 Protective Footwear:

Part 3: Personal Protective Equipment (PPE) of the Occupational Health and Safety Regulations

Section 12: Hazard to foot or skin states that:

- 12 (1)** Where a person is exposed to a hazard that may injure the person's foot, an employer shall ensure that protective equipment is worn that is appropriate to the hazard and that complies with the latest version of CSA standard CSA Z195, "Protective Footwear".
- (2)** Where a person is exposed to a hazard that may injure the skin, an employer shall ensure that adequate protection is worn or used.



A green triangle marking on protective footwear indicates maximum protection with a safety toe cap and steel shank to protect the sole of the foot.



A yellow triangle indicates a toe cap that has about 75% of the impact resistance of the green triangle and a steel shank in the sole.



A white rectangular marking, with an orange Greek letter "omega" that looks like a horseshoe indicates that the footwear offers protection against electric shock.

When we think of safety, we often forget about the importance of safe footwear. Protective footwear worn in the workplace is designed to protect your feet from physical hazards such as falling objects, stepping on sharp objects, heat and cold, wet, slippery surfaces, or exposure to corrosive chemicals.

Hazards that can come with improper footwear:



Broken bones caused by heavy falling or rolling objects.



Bruises and stubbed toes caused by bumps.



Amputations caused by machinery and tools.



Puncture wounds from sharp objects.



Sprains from slips and falls.



Frostbite from not having insulated soles.

Selecting the proper footwear:



Fit comfortable, without slipping or pinching the foot or toes.



Be solidly constructed of sturdy materials that can resist wear and tear.



Have low heels and non-skid sole for good traction.



In the winter, make sure to clean the ice and snow from the soles of your boots.



Steel-toed boots can add weight and can make your feet cold in winter. Alternative protective footwear is made with composite protective toes instead of steel.



When the temperature drops, insulated boots are a must for outdoor use.



Durable arch support insoles will make your work boots much more comfortable and long-lasting.

After you have completed this toolbox talk, now would be a good time to do a quick safety check to make sure everyone is wearing protective footwear that is in good condition.

Remember to make sure grips on the bottom of the footwear are not worn down!