



# Safety Tip of the Week

Your Safety Is Our Business®

Volume 4 – Issue 24

June 11<sup>th</sup>, 2017

## Foot Protection Safety

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.

Must meet; ASTM F-2412-2005, "Standard Test Methods for Foot Protection," and ASTM F-2413-2005, "Standard Specification for Performance Requirements for Protective Footwear,"



### Foot injuries on the job include:

- Broken bones caused by heavy falling or rolling objects;
- Bruises and stubbed toes caused by bumps;
- Puncture wounds from sharp objects;
- Sprains from slips, trips, and falls; and
- Burns from hot or hazardous substances.

### Footwear care:

- Apply a protective coating to make footwear water-resistant.
- Inspect footwear regularly for damage.
- Repair or replace worn or defective footwear.

### Caring for your feet:

Feet are subject to a great variety of skin and toenail disorders. Workers can avoid many of them by following simple rules of foot care:

- Wash feet daily with soap, rinse thoroughly and dry, especially between the toes.
- Trim toenails straight across and not too short. Do not cut into the corners.
- Wear clean socks or stockings, and change them daily.

**Keep safety in mind...It will save your behind!!**



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