

PLAYING IT SAFE



Selecting Safety Footwear

Helpful tips for preventing injury to your feet

Ensuring that your body is protected at the workplace is extremely important in all kinds of work. This applies to every part of your body, especially your feet. Since you are often exposed to conditions that could potentially be hazardous to your feet, wearing safety footwear is essential in protecting your feet against injury.

There are several factors that determine what type of footwear is appropriate:

- Job activity
- Equipment handled
- Potential hazards
- Requirements for the position

What's Your Type?

There are several types of safety boots made for workers operating under specific conditions:

- High-cut: protect feet and ankles from sparks, molten metals and chemicals
- Steel toe, reinforced safety toe or reinforced toecap: cushion feet in case of contact with heavy materials
- Reinforced metal soles: protect feet against punctures from nails, screws or scrap metal
- Steel mid-soles: protect feet against puncture from sharp objects

- Non-slip soles (rubber or wooden): protects from slipping on wet surfaces
- Insulated footwear: protect feet against extremely cold temperatures
- Metal-free footwear: worn when working around electricity
- Treated footwear: protect against chemicals

The Right Fit for You

Once you determine what safety footwear is needed, select the boot with the right fit for your foot. Follow these tips when making your selection:

- Walk around to ensure comfort.
- Examine toe room—there should be ½ to 1 inch from the big toe to the front of the shoe with your heavy work socks or arch supports.
- When laced completely, the boot should fit snug around the heel and ankle.

Keep Them Like New

To get the most wear out of your boots, apply a water-resistant protective coating. Also regularly check for wear and tear to ensure that your feet are always fully protected.

Be safe and healthy on the job at with these helpful tips provided by **ALLCHOICE Insurance.**

“Choose footwear according to the hazards at your workplace, but do not sacrifice comfort. Your feet can only be as comfortable as the footwear permits.”

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