**Tool Box Meeting**

**Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Trainer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**“Foot Protection”**

**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. Feet also have blood vessels, ligaments, muscles and nerves,** **which is why it hurts when you stub your toe or drop something on your foot. Your feet are a critical part of your** **body that you use everyday and, in some cases, enable you to do your job effectively.**

**Protective footwear worn in the workplace is designed to protect the foot from physical hazards such as falling** **objects stepping on sharp objects, heat and cold, wet and slippery surfaces, or exposure to corrosive chemicals.** **There are two major categories of work-related foot injuries. The first category includes foot injuries from** **punctures, crushing, sprains, and lacerations. The second group of injuries includes those resulting from slips, trips,** **and falls. Slips and falls do not always result in a foot injury but lack of attention to foot safety plays an important** **role in their occurrence.**

**Types of protection**

**Steel toe** — **Steel toe, or protective toecap, footwear utilizes steel or composite cap to help reduce toe injuries from** **falling or rolling objects. In addition to falling or rolling objects, protective toecap impact-resistant footwear must** **be worn where there are hazards of sharp objects, hot objects and saw cutting** .

**Metatarsal guard** **— Made of aluminum, steel fiber or plastic to protect the top of the foot, commonly called the** **instep, protective footwear with metatarsal impact resistance must be worn where there are hazards of falling** **objects, rolling objects, sharp objects, hot objects and saw cutting. Galvanized steel foot guards provide extra** **protection for the bridge of the foot.**

**Puncture resistant** — **This protective footwear utilizes a steel mid-sole to provide protection from sharp objects** **(such as nails, wire, tacks, scrap metal or glass) penetrating through the sole of the shoe into the wearer’s foot. This** **footwear is also applicable for protection against hot objects or saw cutting.**

**Electrical hazard** — **This type of protective footwear is designed to provide protection against open circuits of 600** **volts or less. While no metal is allowed in the sole or the heel, the protective toe can be made of steel or composite.**

**Conductive** — **In workplaces where there is a hazard of static ignition, conductive sole protective footwear must** **be worn. Conductive footwear incorporates a sole that is constructed of a conductive material designed to** **electrically ground the foot. Conductive soles, however, offer no protection where there is a hazard of an electric** **shock.**

**Static dissipating** — **In some workplaces, where flammable or explosive materials are present or where the**

**buildup of static electricity must be minimized, workers may be required to wear static dissipative footwear. Static** **dissipative footwear incorporates a sole that allows small charges of electricity to be dissipated into the walking** **surface, thus reducing the accumulation of static electricity. SD footwear is generally used in the electronics** **industry to prevent damage to electrical circuits.**

**Chemical resistant** **— Chemical-resistant footwear is usually constructed with impermeable rubber or neoprene.** **This footwear is to be worn in areas with potential chemical or corrosive splashes. Check the MSDS to match** **footwear with individual chemicals** . **How do they fit?** **Protective footwear should be comfortable — not too loose or too tight. When wearing the footwear, you should be** **able to slip one finger in the back of the shoe or boot. This will ensure you have enough room for your toes in the** **front. You should be able to move your toes freely and bend your foot without feeling the steel toe.** **Protective boots or shoes will not shrink or stretch to fit your feet, so you must get a good fit initially. Make sure** **they are comfortable and fit right.** **Wear them well**

**Regularly inspect your footwear for cuts, separated seams or other wear and tear. If damage exists, or if something** **substantially heavy falls onto your steel toe and weakens it, it’s probably time to buy a new pair of protective boots** **or shoes.**

**“There are really only two dimensions to the concept of attitude -- you either behave as**

**though you are a victim of circumstance, or you take full re**