OVER ▶

CHOOSING APPROPRIATE SAFETY FOOTWEAR

WHEN IT COMES TO PROTECTIVE BOOTS, IT'S ALWAYS FEET FIRST.

HOW DO I CHOOSE THE APPROPRIATE FOOTWEAR?

- FOOTWEAR MUST BE CHOSEN BASED ON THE HAZARDS THAT ARE PRESENT
- ENSURE MY BOOT HAS A PROPER FIT
- PROPER CARE AND MAINTENANCE FOR MY SAFETY FOOTWEAR IS IMPORTANT

BC **Forest Safety**

Safety is **good** business

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CHOOSING APPROPRIATE SAFETY FOOTWEAR

POTENTIAL HAZARDS COULD BE THINGS SUCH AS:

- Materials handled or used by the worker.
- Risk of objects or equipment rolling over, falling onto or striking the feet.
- Any sharp or pointed objects that might cut the top of the feet.
- Objects that may penetrate the bottom or side of the foot.
- Possible exposure to corrosive or irritating substances.
- Possible explosive atmospheres including the risk of static electrical discharges.
- Risk of encountering energized conductors of low to moderate voltage (e.g., 220 volts or less).
- Type of walking surface and environmental conditions workers may be exposed to (e.g., loose ground cover, smooth surfaces, temperature, wet/oily, chemicals, etc.).

HOW DO I ENSURE MY BOOT HAS A PROPER FIT FOR ME?

- Try on new boots around midday. Feet normally swell during the day.
- Walk in new footwear to ensure it is comfortable.
- Boots should have ample toe room (toes should be about 12.5 mm from the front). Do not expect footwear to stretch with wear.
- Make allowances for extra socks or special arch supports when buying boots. Try on your new boots with the supports or socks you usually wear at work. Check with the manufacturer if adding inserts affects your level of protection.
- Boots should fit snugly around the heel and ankle when laced.
- Lace up boots fully. High-cut boots provide support against ankle injury.

PROPER CARE AND MAINTENANCE FOR MY SAFETY FOOTWEAR

- Use a protective coating to make footwear water-resistant.
- Inspect footwear regularly for damage (e.g., cracks in soles, breaks in leather, or exposed toe caps).
- Repair or replace worn or defective footwear.
- Electric shock resistance of footwear is greatly reduced by wet conditions and with wear.
- Footwear exposed to sole penetration or impact may not have visible signs of damage. Replacing footwear after an event is advisable.

If your footwear look like this, it needs replacing.

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