

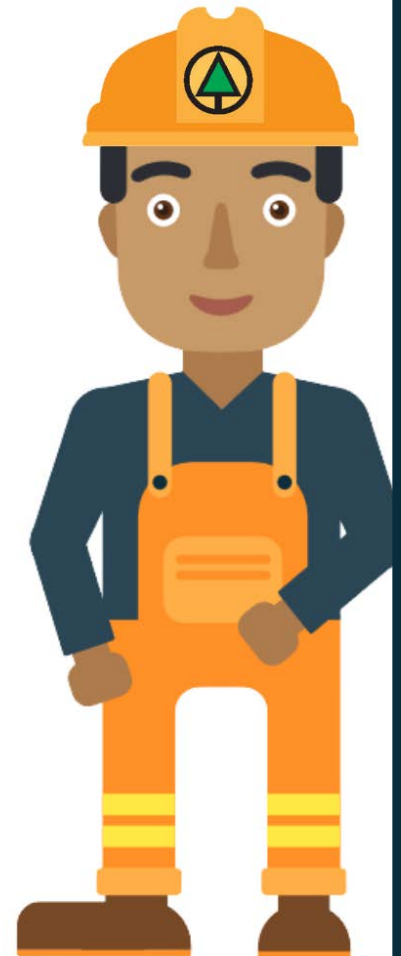
PERSONAL PROTECTION EQUIPMENT: SAFETY FOOTWEAR

WorkSafeBC regulations require workers to wear protective footwear in environments where there is risk of foot injuries from falling or rolling objects, punctures, chemical hazards or electrical exposure.

Choosing the right protective footwear should be based on the specific hazards present. Employers are responsible for identifying the potential risks and ensuring that appropriate protective footwear and safety devices are used for the jobs and tasks at hand.

PROTECTING YOUR FEET

- JOB HAZARDS
- PROPER FIT
- CARE AND MAINTENANCE



BC Forest Safety

PERSONAL PROTECTION EQUIPMENT: SAFETY FOOTWEAR



TYPES OF JOB HAZARDS THAT REQUIRE PROTECTIVE FOOTWEAR

- **Weather Conditions:** Different footwear may be needed for warm and cold weather.
- **Heavy Materials:** Risk of falling pieces from cutting heavy materials with a saw, shear, or cutting torch.
- **Handling Heavy Tools or Building Materials:** Risk of dropping or knocking over heavy tools or materials.
- **Rolling Objects and Equipment:** Items like heavy pipes, steel billets, wheeled carts, and other round objects that can roll over or onto your foot.
- **Sharp Objects:** Nails, sharp rebar, broken glass shards, or sharp metal pieces that can pierce the soles or sides of your footwear.
- **Toxic Chemicals:** Chemicals that can saturate your footwear and be absorbed through your skin.
- **Electrical Hazards:** Working around energized electrical lines and equipment where electrical current can travel through footwear with conductive soles.

ENSURING THE RIGHT FIT

- **Try on Boots Midday:** Feet tend to swell during the day, so it's best to try on new boots around midday.
- **Test for Comfort:** Walk around in new footwear and make sure they feel comfortable.
- **Check Toe Room:** Don't expect footwear to stretch over time. Boots should have sufficient toe room, with about 1.25 cm of space.
- **Consider Extra Socks or Supports:** When buying boots, make allowances for extra socks or special arch supports. Try on new boots with the socks or supports you usually wear at work.
- **Ensure a Snug Fit:** Boots should fit snugly around the heel and ankle when laced.
- **Fully Lace-Up Boots:** High-cut boots should be fully laced to provide support against ankle injuries.

CARE AND MAINTENANCE:

- **Apply a Protective Coating:** Use a coating to make footwear water-resistant.
- **Regular Inspections:** Frequently check for damage such as cracks in soles, breaks in leather, or exposed toe caps.
- **Repair or Replace:** Fix or replace any worn or defective footwear.
- **Electric Shock Resistance:** Be aware that wet conditions and wear significantly reduce the footwear's resistance to electric shock.
- **Post-Impact Replacement:** Footwear that has experienced sole penetration or impact may not show visible damage. It may be best to replace footwear after such events.

REMEMBER:

**Choose the shoes that shield your feet
from workplace hazards you might meet.**

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