

1.0 INTRODUCTION

WHAT IS FOOT PROTECTION?

FOOT PROTECTION IS GUARDING YOUR TOES, ANKLES AND FEET FROM INJURY.

1.1 WHY IS IT IMPORTANT?

FEET ARE A VALUABLE PART OF YOUR BODY, WITHOUT THEM YOU COULD NOT STAND, WALK, RUN, BALANCE, OR GET AROUND.

1.2 THE UNFORTUNATE FACTS!

- A) FEET AND ANKLES ARE OFTEN INJURED
- B) FOOT AND ANKLE INJURIES MAKE UP ABOUT 25% OF ALL DISABLING INJURIES
- C) WORK ACCIDENTS CAUSE MORE THAN 250,000 FOOT, TOE AND ANKLE INJURIES EACH YEAR.
- D) FOOT ACCIDENTS CAN RESULT IN DISABILITY, LOSS OF WORK AND INCOME, NOT TO MENTION PAIN AND SUFFERING

1.3 DON'T BE A VICTIM!

- A) THE BOEING COMPANY WANTS TO SAFEGUARD THEIR EMPLOYEES BY SETTING SAFETY RULES AND INFORMING EMPLOYEES ABOUT PROPER PROCEDURES AND REQUIRED PRECAUTIONS
- B) DO YOUR PART; PLEASE FOLLOW COMPANY PROCEDURES FOR YOUR JOB AND USE PROTECTIVE FOOT WEAR

2.0 DEVELOP SAFE WORK HABITS

2.1 BE AWARE!

A) KNOW THE HAZARDS OF YOUR JOB AND THE PROPER PROTECTIVE MEASURES TO TAKE

2.2 DON'T TAKE CHANCES!

A) UNNECESSARY RISKS MAY BE SHORT CUTS TO ACCIDENTS B) TAKE THE TIME TO DO THE JOB RIGHT

2.3 BE ALERT!

A) EXPECT THE UNEXPECTED

B) WATCH OUT FOR HIDDEN HAZARDS (SLIPPERY AREAS, OBJECTS THAT COULD FALL ETC.)
C) REPORT ANY HAZARDOUS CONDITIONS OR EQUIPMENT TO YOUR SUPERVISOR

2.4 BE CONSIDERATE!

A) WATCH OUT FOR CO-WORKER'S SAFETY.

2.5 FOLLOW THE RULES!

A) USE EQUIPMENT CAREFULLY AND ONLY FOR IT'S INTENDED USE.

2.6 CONCENTRATE ON THE JOB!

A) INATTENTION CAN LEAD TO ACCIDENTS.

2.7 PACE YOURSELF!

A) WORK STEADILY AT A COMFORTABLE PACE.

B) RUSHING OR GETTING OVER-TIRED CAN MAKE YOU LESS CAUTIOUS.

2.8 DO YOUR HOUSEKEEPING!

A) TO AVOID ACCIDENTS, KEEP WORK AREAS CLEAN.

B) KEEP TOOLS IN THEIR PLACE. C) KEEP AISLES CLEAR AND WIPE UP SPILLS.

3.0 DIRECT HAZARDS TO YOUR FEET

3.1 MECHANICAL HAZARDS

A) FALLING OBJECTS: MATERIALS BEING HANDLED AND HEAVY OBJECTS BEING MOVED CAN FALL AND CRUSH TOES OR FEET.

B) ROLLING OBJECTS: HEAVY PIPES, DRUMS, MOTORS OR VEHICLES SUCH AS FORKLIFTS CAN ROLL OVER YOUR FOOT AND CAUSE SEVERE INJURY.

C) CUTS AND PUNCTURES: PROPER FOOTWEAR AND SAFEGUARDS ARE ESSENTIAL TO HELP PREVENT THESE INJURIES.

D) TRIPPING ON UNEVEN SURFACES OR EQUIPMENT POSES A HIGHER RISK FOR SPRAINS AND FRACTURES.

3.2 CHEMICAL HAZARDS

A) SOLVENTS AND CHEMICALS CAN CAUSE BURNS ON CONTACT. THEY CAN CORRODE ORDINARY SAFETY SHOES AND PENETRATE TO YOUR FEET.

B) CORROSIVES SUCH AS ALKALIES, CAUSTICS, AND BLEACHES CAN EAT AWAY SOLES, UPPERS, AND STITCHING.

- FOR PROTECTION WEAR FOOTWEAR WITH SYNTHETIC STITCHING TO PROTECT FROM MILD SOLUTIONS.
- WEAR NATURAL RUBBER, VINYL OR PLASTIC FOOT WEAR TO PROTECT FROM STRONGER CHEMICALS.

C) CUTTING OILS, COMPOUNDS, GREASE AND CREOSOTE CAN DAMAGE ORDINARY LEATHER OR RUBBER SOLES AND UPPERS.

- WEAR VINYL OR PLASTIC FOOTWEAR TO PROTECT AGAINST MOST OILS AND PETROLEUM PRODUCTS.
- SOLES OF SYNTHETIC RUBBER, NEOPRENE, CORK RESIST CORROSION BY OILS.

3.3 EXTREME COLD

A) THE EXPOSURE OF THE FOOT EVEN WHEN PROTECTED CAN CAUSE FROSTBITE AND LOSS OF TOES.

B) FOR PROTECTION WEAR SHOES OR BOOTS WITH MOISTURE OR OIL RESISTANT INSULATION. (THEY SHOULD REPEL WATER IF THIS IS A PROBLEM.)

C) ALSO FOR PROTECTION WEAR INSULATED SOCKS.

3.4 HEAT HAZARDS

A) HOT SURFACES CAN BURN THROUGH ORDINARY FOOTWEAR. FOR PROTECTION WEAR SAFETY SHOES WITH WOODEN OR OTHER HEAT RESISTANT SOLES.

B) SPARKS AND MOLTEN METAL SPLASHES CAN GET INSIDE OF SHOES AND CAUSE BURNS. FOR YOUR PROTECTION USE FOUNDRY BOOTS WITH ELASTIC GORES OR QUICK RELEASE BUCKLES FOR SPEEDY REMOVAL. WEAR TROUSER LEGS OVER BOOTS.

C) EXTREME HEAT AND DIRECT FLAME CAN CAUSE A SEVERE BURN. IF YOU ARE EXPOSED TO THESE CONDITIONS, USE OVERSHOES OR BOOTS MADE OF FIRE-RESISTANT MATERIAL. (THEY GIVE GREATER PROTECTION IF INSULATED OR ALUMINIZED.)

3.5 WETNESS

- A) PROLONGED EXPOSURE TO WET CONDITIONS CAN CAUSE IMMERSION FOOT (SIMILAR TO FROSTBITE) WHICH HAS AS ITS MAJOR SYMPTOM PAIN.
- B) FUNGAL INFECTIONS AND OTHER INFECTIONS AND DISORDERS ARE COMMON UNDER THESE CONDITIONS.
- C) FOR YOUR PROTECTION WEAR LINED RUBBER SHOES OR BOOTS.
- D) FOR YOUR PROTECTION UNDER OCCASIONAL OR MINOR WETNESS PROBLEMS WEAR RUBBERS OR SHOES OF SILICONE-TREATED LEATHER.

4.0 INDIRECT HAZARDS

THESE HAZARDS ARE LISTED UNDER A SEPARATE SECTION BECAUSE THE WHOLE BODY IS ENDANGERED VIA THE FEET WHEN IMPROPER FOOTWEAR IS USED.

4.1 FIRE/EXPLOSION HAZARDS

THESE HAZARDS THREATEN INJURY AND DEATH TO WORKERS AND DAMAGE TO PROPERTY.

- A) SPARKING FROM METAL SHOE PARTS CAN IGNITE FLAMMABLE GASES OR LIQUIDS. FOR YOUR PROTECTION WEAR SAFETY SHOES WITH NO EXPOSED METAL PARTS.
- B) STATIC ELECTRICITY BUILDING UP IN YOUR BODY COULD IGNITE VOLATILE MATERIALS. FOR YOUR PROTECTION WEAR SHOES THAT HAVE SPECIAL CONDUCTIVE SOLES OF CORK OR LEATHER.

4.2 SLIP AND SKID HAZARDS

- A) FLOOR SURFACES WHICH MAY BE WET OR OILY CAN CAUSE NOT ONLY A FALL BUT AN ADDED DANGER OF COMING IN CONTACT WITH SHOP MACHINERY.
- B) FOR YOUR PROTECTION WEAR SHOES WITH NON-SLIP RUBBER SOLES OR NEOPRENE SOLES.
- C) STRAP-ON CLEATS FOR ICY SURFACES.

4.3 ELECTRICAL HAZARDS

- A) ELECTRICAL CURRENTS CAN EXPOSE YOU TO EXTREME DANGER.
- B) HIGH VOLTAGE HAZARDS WHERE THE POTENTIAL ELECTRICAL DIFFERENCE BETWEEN YOU AND ENERGIZED PARTS MUST BE ZERO TO PREVENT SHOCK.

- FOR PROTECTION WEAR CONDUCTIVE SHOES. THESE MUST HAVE RUBBER HEELS, NO EXPOSED METAL PARTS, AND A

CONNECTOR (FROM CALF TO HEEL) TO PASS ELECTRICITY TO THE GROUND.

C) ELECTRIC CURRENT ENDANGERS ANYONE WHO CONTACTS LIVE CIRCUITS OR EQUIPMENT.

4.4 SANITATION HAZARDS

A) THESE HAZARDS CAN CAUSE CONTAMINATION AND INFECTION. FOR YOUR PROTECTION WEAR SPECIAL PLASTIC BOOTIES OR OVERSHOES, WEAR PAPER OR WOOD SHOWER SANDALS.

B) DO NOT RE-USE DISPOSABLES.

5.0 CHOOSING PROTECTIVE FOOTWEAR

SAFETY SHOES AND BOOTS PROTECT YOUR FEET, HELP PREVENT INJURIES TO THEM AND REDUCE THE SEVERITY OF INJURIES THAT THAT DO OCCUR IN THE WORKPLACE.

A) FOR MAXIMUM PROTECTION SAFETY SHOES SHOULD BE APPROPRIATE, COMFORTABLE AND APPEALING.

5.1 APPROPRIATE - ASK YOUR SUPERVISOR WHAT ANSI (AMERICAN NATIONAL STANDARDS INSTITUTE) RATINGS YOUR SHOES SHOULD HAVE.

5.2 COMFORTABLE - PROPER FIT IS IMPORTANT FOR COMFORT. YOU SHOULD BE ABLE TO WEAR PROTECTIVE FOOTWEAR COMFORTABLY FOR HOURS. SHOES YOU DO NOT WEAR CANNOT PROTECT YOU.

5.3 APPEALING - SAFETY SHOES ARE AVAILABLE IN A WIDE VARIETY OF STYLES FOR MEN AND WOMEN. CHOOSE A STYLE YOU FIND ATTRACTIVE, SO YOU WILL WANT TO WEAR THEM. BE SURE THEY ALSO PROVIDE THE PROTECTION YOU NEED.

5.4 COST - ORDINARY SAFETY SHOES MAY COST SLIGHTLY MORE THAN REGULAR FOOTWEAR. WHATEVER THE COST THE PROTECTION IS WORTH IT.

6.0 MAINTAIN PROTECTIVE FOOTWEAR

THIS IS JUST AS IMPORTANT AS SELECTING THE PROPER FOOTWEAR.

6.1 INSPECT REGULARLY

IT IS IMPORTANT TO UNCOVER EARLY DAMAGE, SUCH AS DAMPNESS OR EMBEDDED METAL, WHICH MIGHT IMPAIR ELECTRICAL PROTECTION. CUTS AND CRACKS IN THE MATERIAL OF THE SHOE MIGHT EXPOSE FEET TO DANGER.

6.2 CLEAN AND CONDITION

THESE 2 FACTORS CAN EXTEND THE LIFE AND PROTECTION OF YOUR SAFETY SHOES. AVOID WEARING SHOES THAT ARE WET ON THE INSIDE.

6.3 REPAIR OR REPLACE

NEVER WEAR DEFECTIVE FOOTWEAR ON THE JOB. MAKE SURE ANY SHOE REPAIRS ARE MADE WITHOUT LESSENING PROTECTION. (FOR EXAMPLE: NEVER REPAIR NON-SPARKING FOOTWEAR WITH METAL RAILS.)

6.4 NOTIFY YOUR SUPERVISOR IF SHOE PROBLEMS DEVELOP.

7.0 FIRST AID FOR FEET

EVEN WITH THE BEST PROTECTION, ACCIDENTS CAN HAPPEN. IT IS IMPORTANT TO BE PREPARED IN CASE OF EMERGENCY. THE FOLLOWING ARE SOME HELPFUL BASIC FIRST AID TIPS.

7.1 CUTS AND SCRAPES

- WASH WOUNDS WITH SOAP AND WATER. APPLY ANTISEPTIC AND A STERILE DRESSING. SEEK MEDICAL ATTENTION.- CONTROL SEVERE BLEEDING WITH DIRECT PRESSURE TO THE WOUND. GET MEDICAL ATTENTION.

7.2 HEAT BURNS

- REMOVE SOCKS, IMMERSE BURNED AREA IN COLD WATER FOR A FEW MINUTES. COVER WITH A STERILE DRESSING. THIS TREATMENT IS ONLY FOR SUPERFICIAL MILD BURNS. (SIMILAR TO SUNBURN) SEEK MEDICAL ATTENTION EVEN IF YOU DON'T FEEL IT NECESSARY.

7.3 BLISTERS

- CLEAN AREA WITH SOAP AND WATER AND AN ANTISEPTIC. APPLY STERILE DRESSING AND KEEP PRESSURE OFF OF AREA.

7.4 SUSPECTED BROKEN BONES/SPRAINS

- IMMOBILIZE THE WHOLE FOOT WITH A SOFT SPLINT (ROLLED TOWELS, NEWSPAPER OR CLOTHING), SECURE WITH A ROPE OR A BELT. GET MEDICAL ATTENTION IMMEDIATELY. DO NOT PUT WEIGHT ON THE FOOT.

7.5 CHEMICAL BURNS

- REMOVE SOCKS IMMEDIATELY AND FLUSH AREA WITH RUNNING WATER FOR AT LEAST 5 MINUTES. GET MEDICAL ATTENTION IMMEDIATELY.

7.6 REPORT INJURIES

- REPORT ANY INJURY TO YOUR SUPERVISOR IMMEDIATELY, AND GET PROMPT MEDICAL ATTENTION FOR INJURIES.

8.0 SUMMARY OF FOOT PROTECTION PLAN

DR. LEE S. COHEN ASSOCIATES
FOOT AND ANKLE CENTER
23 CHESTER PIKE
RIDLEY PARK, PA 19078

8.1 KNOW THE HAZARDS YOU FACE ON THE JOB!

8.2 FOLLOW COMPANY RULES FOR USING PERSONAL PROTECTIVE EQUIPMENT!

8.3 WEAR PROTECTIVE FOOTWEAR APPROPRIATE FOR YOUR JOB! 8.4 REPORT ANY HAZARDOUS CONDITIONS OR EQUIPMENT!