



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.

Main Points

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 to 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.

What should workers know when buying footwear for work? Good footwear should have the following qualities:-

- The inner side of the shoe must be straight from the heel to the end of the big toe.
- The shoe must grip the heel firmly
- The forepart must allow freedom of movement for the toes
- The Shoe must have a fastening across the instep to prevent the foot from slipping when walking
- The Shoe must have a low, wide-based heel, flat shoes are recommended

People buying footwear for work should take the following advice:-

- Do not expect footwear that is too tight to stretch with wear
- Have both feet measured when buying shoes. Feet normally differ in size
- Buy shoes to fit the bigger foot.
- Buy shoes late in the afternoon when feet are likely to be swollen to their maximum size.
- Consider purchasing shock absorbing insoles when a job requires walking or standing on hard floors



Talk to Atlas about Safety Management for your business

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