

Walk the Safety Walk

And don't forget about your feet!

Approximately 100,000 to 200,000 on-the-job foot injuries occur every year. If an injury is sustained to one or both of your feet, how would you get around or work? The injury could possibly cause permanent damage or pain every time you put weight on your foot.

To avoid foot injuries, you should be able recognize and avoid foot hazards such as:

- Heavy falling or dropped objects
- Rolling objects or equipment
- Puncture wounds from sharp objects
- Slips, trips, and falls
- Splashes of chemicals or hot substances
- Electric shock

Make sure your feet are protected against the hazards you may encounter. It is the employer's responsibility to determine what foot hazards exist, and if necessary, what type of personal protective footwear is required. If special protective footwear is not required, wear comfortable, sturdy shoes with nonskid soles. Wearing appropriate footwear will provide some protection against foot hazards and you may be able to avoid an injury.

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