

IF THE SHOE FITS, WEAR IT

Like any good piece of safety wear, protective footwear is most effective when it fits properly.

To make sure you're getting the right fit, remember:

- Try on boots after you've been on your feet for a few hours (feet tend to swell after a day of walking).
- Try on both boots to make certain they fit properly and are equally comfortable.
- Try on boots wearing the same type of socks as you would at work. If you have any orthopedic devices, insert them to make sure they fit comfortably.
- A boot that fits properly will have about a 1/2 inch (1.27cm) between your longest toe and the inside of the boot.
- Completely lace up both boots.
- Walk around and see if you can feel the boots slipping or if there are any bulges; that would mean the boots are too big or too wide.

PUT YOUR FOOT DOWN: HELP REDUCE FOOT INJURIES

No matter who you are or what industry you work in, foot safety is an important part of making your workplace a safer place.

Insist on appropriate footwear (e.g., CSA-approved footwear is required in the construction and manufacturing industries). Make certain you wear the footwear that is right for your job and that they fit properly.

Remember, when it comes to protective boots and shoes, it's always feet first.

For more information, visit www.csagroup.org.



REDUCING INJURY AND ILLNESS EVERYWHERE

SAFE Work Manitoba supports *Manitoba's Five-Year Plan for Workplace Injury and Illness Prevention*: a focused strategy to build on the province's protections for Manitoba workers.

SAFE Work Manitoba is the unified prevention organization responsible for promotion and delivery of services related to workplace injury and illness prevention.



For more information on SAFE Work Manitoba, visit:

safemanitoba.com

or call 204-957-SAFE (7233) in Winnipeg
or 1-855-957-SAFE (7233) outside Winnipeg
or email information@safeworkmanitoba.ca

Our Partner

SAFE Work Manitoba is a partner of the WCB of Manitoba.

wcb.mb.ca

If you're hurt at work, we're here to help.

To report an injury, call
204-954-4100 in Winnipeg
or 1-855-954-4321 outside Winnipeg



PUTTING YOUR BEST FOOT FORWARD

**SIMPLE STEPS FOR IMPROVED FOOT SAFETY
IN CONSTRUCTION AND MANUFACTURING**



SETTING THE STANDARD FOR FOOT SAFETY

The Canadian Standards Association (CSA) sets the standards for safety in a wide variety of products – including protective footwear.

The right protective footwear can help protect you from:

- **slipping**
- **crushing**
- **punctures**
- **electrical shock and static charges.**

The proper footwear can even provide additional protection when using chainsaws and power tools.

That's why it's so important to make certain you purchase CSA-certified protective footwear.

LOOK FOR THE LABELS

Not all safety shoes are created equal

Shoes are made for various types of work. In addition to the official CSA Protective Footwear label, you should also look for these labels to help pick the right shoe for you.

These certification labels indicate that the product was tested and has met the certification requirement for footwear. The label will appear on the outer side or tongue of the right shoe.



CSA Green Triangle

Recommended Use: Any industry – such as construction and heavy work environments – where sharp objects (e.g., nails) are present.



White Label with Green Tree

Recommended Use: Forestry workers and others exposed to hand-held chainsaws and other cutting tools.



White Rectangle with Orange Omega Symbol

Recommended Use: Any industry where unintentional contact with live electrical current conductors can occur.



Yellow Rectangle with Green SD and Grounding Symbol

Recommended Use: Any industry where a static discharge can create a hazard for workers or equipment.

Each year, nearly 1 in 8 time loss injuries are foot related.

There are a number of common foot injuries, ranging from sprains, strains and tears to surface wounds, bruises and fractures.

That's why foot safety is so important. While these injuries happen most frequently in the construction, manufacturing, trade and service industries, everyone at the workplace should consider how they can improve foot safety by taking time to:

- Spot the Hazard.
- Assess the Risk.
- Find a Safer Way.
- Every Day.

