

# Legs/Feet – PPE – SAFETY CHECKLIST



## PREAMBLE

Foot injuries are among the most common workers' compensation injuries, including breaks, fractures and heel injuries. The human foot and ankle contain 26 bones, 33 joints and more than a hundred muscles, tendons and ligaments, so it's no wonder injuries to the foot can be especially painful – and slow to heal.

## Specific examples of workplace foot injuries

Injuries	Common Causes
<b>Crushed or broken feet, amputations of toes or feet</b>	<b>Feet trapped between objects or caught in a crack, falls of heavy objects, moving vehicles (lift trucks, bulldozers, etc.), conveyor belts (feet drawn between belt and roller)</b>
<b>Punctures of the sole of the foot</b>	<b>Loose nails, sharp metal or glass objects</b>
<b>Cuts or severed feet or toes, lacerations</b>	<b>Chain saws, rotary mowers, unguarded machinery</b>
<b>Burns</b>	<b>Molten metal splashes, chemical splashes, contact with fire, flammable or explosive atmospheres</b>
<b>Electric shocks</b>	<b>Static electricity, contact with sources of electricity</b>
<b>Sprained or twisted ankles, fractured or broken bones because of slips, trips or falls</b>	<b>Slippery floors, littered walkways, incorrect footwear, poor lighting.</b>