PPE: Legs/Feet – 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
Crushed or broken feet, amputations of toes or feet	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)
Punctures of the sole of the foot	Loose nails, sharp metal or glass objects
Cuts or severed feet or toes, lacerations	Chain saws, rotary mowers, unguarded machinery
Burns	Molten metal splashes, chemical splashes, contact with fire, flammable or explosive atmospheres
Electric shocks	Static electricity, contact with sources of electricity
Sprained or twisted ankles, fractured or broken bones because of slips, trips or falls	