

TOOLBOX TALKS

FOOT & LEG PROTECTION

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit hollandcs.com/toolboxtalks.

BE PREPARED

Foot and leg protection should be worn whenever:

- There is a possibility of foot or leg injuries from falling or rolling objects or from crushing or penetrating materials
- The work involves exposure to hot or corrosive substances
- Feet may be exposed to electrical hazards
- Exposure to static electricity may call for conductive footwear
- Working with sharp objects such as nails or spikes that could pierce the soles of ordinary shoes
- Working with molten metal that might splash on feet or leg

TYPES OF FOOT AND LEG PROTECTION

- **LEGGINGS** - Protect the lower legs and feet from heat hazards such as molten metal or welding sparks
- **METATARSAL GUARDS** - Strap to the outside of shoes and protect the instep from impact and compression
- **TOE GUARDS** - Fit over the toes of regular shoes to protect the toes from impact and compression hazards
- **COMBINATION FOOT AND SHIN GUARDS** - Protect the lower legs and feet and may be used in combination with toe guards
- **SAFETY SHOES** - Make use of impact-resistant toes and heat-resistant soles that protect the feet against hot work surfaces. Some also have metal insoles to protect against puncture wounds

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