



Foot Protection

The right protection on the work floor requires more than just a steel toecap. Unsuitable outsole types can lead to electric shocks and cause you to slip and fall. The wrong insoles can cause foot, ankle and lower back pains due to poor fit and lack of support. Long hours of wear lead to warm, wet conditions in the boots, which are ideal for fungus to grow. Industry professionals are fashionable people too, with an eye for aesthetics. That's why our safety footwear has to look good. And not only that, it also has to give you the protection and comfort that you are after.

EUROPEAN SAFETY NORMS EN ISO 20345:2004 (EQUIVALENT TO SS513:Part 1:2005*)

Classification I: Footwear made from leather and or other materials, excluding all rubber and all polymeric footwear	SB	Safety shoes for professional use with safety toecaps to give protection against impact when tested at an energy level of 200 joules
	S1	As SB + antistatic properties + energy absorption of seat region + closed heel
	S1P	As S1 + anti-perforation midsole
	S2	As S1 + water resistance + water absorption of upper material
	S3	As S2 + anti-perforation midsole + cleated outsole
Classification II: Shoes made entirely of rubber or polymer	SB	Safety shoes for professional use with safety toecaps to give protection against impact when tested at an energy level of 200 joules
	S4	As SB + antistatic properties + energy absorption of seat region
	S5	As S4 + perforation resistance + cleated outsole

TPU: Thermoplastic Polyurethane: Long wear and excellent abrasion resistance.
PU: Polyurethane: Lightweight and shock absorbing.

*For more information, please refer to SS513:Part 1:2005, EN ISO 20345:2004 or equivalent.



FOOT HEALTH TIPS

- Wear good quality work socks and change them everyday.
- Ensure your safety footwear is comfortable. Good quality, well-fitted safety footwear should not be uncomfortable and will need very little breaking-in time.
- Recognise that comfortable safety footwear will reduce fatigue and keep you fresher and alert longer.
- Be aware of the hazards in your workplace. If you have concerns about foot safety, alert your employer or safety officer. Make sure your shoes fit properly and that you wear appropriate shoes for your workplace.
- Remember, feet shouldn't hurt. Sore feet are a sign of a problem.
- Visit a podiatrist if you have foot problems.
- Ensure the right footwear is used for the right job. There are many brands, designs and types of safety footwear available. Ask the manufacturer or supplier to advise on the correct footwear for use.
- Comfortable safety footwear increases productivity and creates a happier workplace.
- Have your employee try on the footwear to make sure the shoe or boot is the correct size and fits comfortably. Good quality safety footwear should not be uncomfortable if correctly fitted.
- Promote foot health in your workplace.
- Contact a podiatrist to give a talk on foot care to employees.
- Encourage your staff members to report foot problems, however minor (e.g. safety shoes that rub).
- Look at the foot health record of your company - multiple foot complaints may suggest the workplace itself is creating foot problems.
- Do a 'Foot Risk Assessment' in the workplace - look for ways to minimise the burden on your employees' feet. (A podiatrist may be able to assist you with assessing workplace foot risks).
- Emphasise to the safety officer or occupational physician that foot complaints should be taken seriously.
- If your employees wear safety shoes, ask yourself. Do we stock an adequate range of safety shoes to suit every staff member? If not, out-sourcing the supply and fit of safety shoes may be more cost-effective.
- Allow employees a crossover period when they exchange their old safety shoes for a new pair.

The above text is adapted from 'Foot Health Tips' at www.steelblue.com.au/physio-resources/foot-health-tips/