



4 Steps To Choosing Personal Protective Equipment [PPE] For Footwear

Most workplaces require FOOT protection by wearing appropriate safety footwear. Conduct a hazard assessment of the workplace to prevent foot, ankle and lower leg injuries. It's important to consider the requirements of a particular application when choosing a safety shoe or boot material AND as it relates to the hazards and protection.



ARE YOUR WORKER'S WEARING THE CORRECT FOOTWEAR PPE?



HAZARDS TO consider when deciding on the appropriate footwear PPE:

- Slippery, oily, wet surfaces
- Chemicals, cement, fuel, splashes and dangerous substances
- Cold and winter weather exposure
- Nails, screws, handling materials and equipment
- Working with and handling heavy objects and objects at various height levels
- Specific equipment usage such as power tool, knives and chainsaws
- Exposure to electrical currents



When recruiting or dispatching a worker to the worksite, identify the precise safety footwear required to ensure they come prepared to work safely and be productive.



Added footwear attributes:

- ➔ Oil/slip/abrasion-resistant
- ➔ Cushioned soles for shock absorption and support
- ➔ Waterproof and cold weather-resistant – leather, suede and rubber
- ➔ Less aggressive outsoles to prevent tripping when working on steel grates
- ➔ Lightweight for climbing ladders, extended walking and need for agility



CSA Group categorizes the levels of protection based on hazards against which they protect. Here's a list of the different categories CSA recognizes:

**STEP 3
IDENTIFY LEVEL
OF
PROTECTION**

	Metatarsal Protection indicates protection for the metatarsal region of the foot when working around heavy objects.	
	CSA Blue Rectangle protective toe without sole puncture protection.	
	CSA Green Triangle Protective toe and sole puncture protection	
	Chainsaw Protection indicates footwear that provides CUT RESISTANT protection when using chainsaws and other cutting equipment.	
	CSA White Rectangle indicates footwear that has electrical insulating properties	



Canadian standards also stress the employer's responsibility to give relevant training to each worker who will use PPE.

This training should cover when to wear specific types of PPE, how to properly use it, and what the limitations are.

**STEP 4
TRAINING**

Understand the causes of slips, trips and falls. [LINK TO OUR ARTICLE ON SLIPS, TRIPS AND FALLS](#)