



049: Injury Prevention – Feet

Background

Foot injuries are not as common in electrical work as in certain trades such as ironworking, but they hurt just as much when they do happen.

The human foot is made up of connective tissue and many small bones.

The foot is part of a system. Foot problems make themselves felt in your knees and eventually your back. Many back problems are often traced to foot problems.

When your feet hurt, you tend to feel pretty bad all over.

Impact of a falling object

Typically, electricians don't wear steel-toed shoes. This leaves electrician's feet at risk for being crushed when an object falls on them.

You can buy reinforced shoes that are suitable for electrical work., but even the stoutest shoes will not provide 100% protection.

Vigilance as to where you walk and what you carry will help reduce foot injuries.

Secure loads properly. A piece of 4-inch rigid can do terrible things to a foot.

Walking into something

You are most likely to stub your toe when you are fatigued or distracted.

Be extra vigilant when working around cabinets, pallets, and objects with low-hanging projections.

Electric arc

Don't stand on a ground rod. Doing so puts you in parallel with it and your body will become one of the paths electricity will flow through during a ground fault.

Replace shoes that have cracks in their soles.

Remove metal filings, nails, tacks, and other conductive objects from the bottom of your shoes, and inspect them daily.

Puncture wounds

Wear only hard-soled or thick-soled shoes.

Be extra vigilant when working around crating materials or in areas where work is being done with sheet metal screws or nails.

Fatigue

Poor posture puts unusual strain on your feet. Stand with shoulders back, chest out, and head up.

Alternate between standing, sitting, and walking.

Try not to stand on cold cement for long periods of time. You can get off the cement with a board, rubber mat, or some other material, but make sure you don't create a slipping or falling hazard with the new material.

Discussion leader duties for this session:

Take a look at your old shoes. If they are not in good shape, replace them. Then, bring old and new shoes to the Safety Talk to show crew members the difference.

What this Safety Talk covers:

How to prevent foot injuries.

Discussion notes :

