

Workplace Wellness Series

Foot Health Awareness

April is National Foot Health Awareness Month. Approximately 20% of the U.S. population has at least one foot problem annually. It may be the result of poor fitting shoes, or the result of an underlying health problem such as peripheral neuropathy, diabetes, or obesity.

Common Causes of Construction-Related Foot Injuries

1. **Broken Bones:** Crushed or broken injuries due to falling objects, moving vehicles, and being trapped/caught between objects.
2. **Puncture Injuries:** Punctures of the sole of the foot can be caused by loose nails, sharp metal, or glass objects. Puncture wounds can get infected if not treated promptly.
3. **Cuts & Lacerations:** Cuts and lacerations of the feet can be caused by chainsaws, rotary mowers, and unguarded or improperly guarded heavy machinery.
4. **Burns:** Foot-related burns are caused by splashing molten metal, chemical spills, contact with fire, and flammable or explosive materials.
5. **Electrical Shock:** Contact with sources of electricity, including exposed wiring or wiring that is not properly grounded.
6. **Sprains:** Sprains can happen in slip and fall accidents or from wearing improper footwear.

How Can Workers Avoid Foot Injuries on Construction Sites?

When you're working on a construction site, your feet are susceptible to serious injuries. Construction workers are continuously on their feet, which is why foot safety is so important on a construction site.

- Choose shoes that allow a little room to wiggle your toes
- Select thick, stiff boots that go above the ankle to offer support and prevent sprains and twists
- Ensure that your shoes are safe according to necessary safety standards
- Keep your feet clean & dry

