

# Foot protection on the jobsite



Construction sites are full of hazards that can cause serious foot injuries from falling objects, sharp debris, punctures, slips, and electrical risks. OSHA requires employers to ensure workers wear protective footwear in areas where there is danger of foot injuries.

## Common foot hazards on construction sites

- Falling or rolling objects (tools, materials, equipment)
- Punctures from nails, rebar, or sharp debris
- Slips, trips, and falls on uneven or wet surfaces
- Electrical hazards from live wires or energized equipment
- Chemical spills or corrosive materials
- Extreme temperatures (hot asphalt, cold weather)

## Protective footwear types

| Type                          | Use case  |
|-------------------------------|---|
| Steel-toe boots               | Protection from falling or rolling objects; general construction use                    |
| Composite-toe boots           | Similar to steel-toe but lighter and non-metallic; ideal for electrical hazard areas    |
| Puncture-resistant soles      | Protection from nails, rebar, or sharp debris on the ground                             |
| Slip-resistant soles          | Work on wet, oily, or uneven surfaces to prevent slips and falls                        |
| Metatarsal guards             | Extra protection for the top of the foot from heavy falling objects                     |
| Electrical hazard (EH) rated  | Insulated soles to protect against electrical shock                                     |
| Chemical-resistant boots      | Protection from corrosive or hazardous liquids (e.g. concrete, solvents)                |
| Insulated or waterproof boots | Cold weather or wet conditions to maintain comfort and prevent frostbite or trench foot |

## Best practices

- Inspect boots daily and check for cracks, worn soles, or exposed steel toes
- Replace damaged footwear and don't tape or patch safety boots
- Lace boots properly to prevent tripping and getting the laces caught in equipment
- Keep boots clean and dry as wet boots can lead to slips and infections
- Choose the right footwear for the task

# Foot protection on the jobsite

## Discussion questions

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- What hazards on our site today could injure your feet?
- Are you wearing the right boots for the job?
- Do you know how to check if your boots meet ASTM standards?

## Key takeaways

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Your feet carry you through every task so protect them with the right footwear. One injury can set you back for weeks.

OSHA Standard Reference: 29 CFR 1926.96 – Foot Protection

Related Standard: 29 CFR 1910.136 – Occupational Foot Protection

*The information and recommendations contained in this material have been obtained from sources believed to be reliable. However, SECURA accepts no legal responsibility for the accuracy, sufficiency, or completeness of such information. Additional safety and health procedures may be required under particular circumstances. Please talk with your SECURA Risk Management Consultant for more information.*

