

Job site: _____
Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Foot Injuries and How to Avoid Them</h3> <ul style="list-style-type: none"> Falling and rolling objects can cut and puncture feet. Other injuries from falling and rolling objects include broken bones and amputations of toes or feet. Wear steel or composite safety footwear, metatarsal guards, and/or puncture-resistant soles. Chemicals or solvents spilled on feet could cause chemical burns, skin irritation, and other related injuries. Wear leather safety footwear with synthetic stitching, rubber, vinyl, plastic, or PVC compound boots or overshoes. Electrical current injuries can range from minor electrical shock to fatal electrical exposure. Wear footwear that incorporates electrical hazard (EH) protective soles and heels. Extreme cold weather injuries to feet include frostbite, permanent tissue damage, and extremity loss. Wear insulated footwear that is waterproof or water resistant and captures the body's heat and prevents it from escaping. Slips, trips, and falls can cause ankle sprains, back strains, and other disabling injuries. To prevent slips and falls, wear safety shoes with non-slip rubber, urethane, or crepe soles. To prevent ankle sprains and twisting, wear footwear with high ankle support that wraps around and laces tight around the ankle. 		<h3>Instructor Tips</h3> <ul style="list-style-type: none"> Emphasize to workers the importance of protecting their feet. Often, if you cannot walk, you cannot work. 																																																			
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