



# SAFETY TRAINING TALK

**Date**

## **TOPIC: What are The Right Type of Boots?**

We all know that at this company Construction there are certain rules we must follow to perform our work in a safe and efficient manner. We know there are rules about how to properly excavate and shore-up the trenches, how to set up barricades, and how to operate machinery.

There are also rules about what to wear on the job. From our heads to our toes there things we can wear that will protect us from harm. Today we are going to talk about our shoes and how they can protect us.

For most of this company’s employees your shoe should be a WORK BOOT with a high ankle. When you combine properly laced boots with ankle support you eliminate the vast majority of chances for foot and leg injury.

The proper boot, with the high ankle, will support your entire leg in uneven or loose soil. In years past we had people at this company who twisted their ankles or knees while climbing, walking or working in the trenches. It only makes sense to wear a boot that will keep the ankle stiff and prevent twisting, straining and buckling.

Also, be sure to lace your boot up all the way. Don’t minimize your own protection by being too lazy to properly tie your shoes or replace a shoe string if it breaks.

There are a few (very few) instances where the shoe does not have to be a boot. For example, if you are an operator or an individual who does not spend much time “in the dirt”, a boot is not absolutely necessary. But it is still recommended. If you do opt for this type of shoe, then it is even more important that it be properly and tightly laced.

We also recognize that at times, it is necessary to put on a watertight boot to work in a hole. As you can tell, these boots are only designed to keep your feet “DRY”. They offer no other protection. In fact, they leave you exposed to a great many hazards. SO – if you have to put on a rubber boot be extra careful and constantly aware of the risks involved – until you put your work boot back on.

Finally, don’t get too comfortable in an old pair of boots. Eventually even the best work boot wears down. The sole gets thin, the leather gets loose and the level of protection falls. When you think a boot has had better days, its time to get a new pair.

Remember - your workday actually starts when you get dressed in the morning. Make certain your clothing - starting with your boots – are selected with your own safety in mind.

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Next take a moment to discuss any specific safety concerns you may want the team to be aware of this week. End the meeting by having everyone sign the back of this sheet.