# PPE-Legs Safety Checklist

## PREAMBLE

Foot injuries are among the most common workers' compensation injuries, including breaks, fractures and heel injuries. The human foot and ankle contain 26 bones, 33 joints and more than a hundred muscles, tendons and ligaments, so it's no wonder injuries to the foot can be especially painful – and slow to heal.

### Specific examples of workplace foot injuries

| Injuries | Common Causes |
|---|---|
| Crushed or broken feet, amputations of toes or feet | Feet trapped between objects or caught in a crack, falls of heavy objects, moving vehicles (lift trucks, bulldozers, etc.), conveyor belts (feet drawn between belt and roller) |
| Punctures of the sole of the foot | Loose nails, sharp metal or glass objects |
| Cuts or severed feet or toes, lacerations | Chain saws, rotary mowers, unguarded machinery |
| Burns | Molten metal splashes, chemical splashes, contact with fire, flammable or explosive atmospheres |
| Electric shocks | Static electricity, contact with sources of electricity |
| Sprained or twisted ankles, fractured or broken bones because of slips, trips or falls | Slippery floors, littered walkways, incorrect footwear, poor lighting. |

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