You need to wear safety footwear to protect feet against possible injuries in the workplace. In choosing the best footwear, you need to consider the hazards and risks of your job. If you think that you are at risk for a foot injury at workplace, you should wear the appropriate protective footwear.

Here are the fit and care guidelines that you should know according to WorkSafeBC.

**Fit:**
- Try on new boots around midday. Feet normally swell during the day.
- Walk in new footwear to ensure it is comfortable.
- Footwear should have enough toe room. Don’t expect footwear to stretch with wear.
- Consider making allowances for extra socks when buying boots. Try on your new boots with the socks that you usually wear at work.
- Lace up boots fully. High-cut boots provide support against ankle injury.

**Care:**
- Use a protective coating to make footwear water-resistant.
- Inspect footwear regularly for damage such as cracks in soles, breaks in leather, or exposed toe caps.
- Repair or replace worn or defective footwear.
- Electric shock resistance of footwear is greatly reduced by wet conditions and with wear.
- Footwear exposed to sole penetration or impact may not have visible signs of damage. Replacing footwear after an event is advisable.
**What symbols will be on the footwear?**

<table>
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<th>Marking</th>
<th>Criteria &amp; Intended Applications</th>
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| ![Green Triangle](image) | Green triangle indicates sole puncture protection with a Grade 1 protective toecap.  
For heavy industrial work environments, especially that of construction where sharp objects (such as nails) are present. | ![White Rectangle](image) | White rectangle with orange Greek letter omega indicates electric-shock protective footwear.  
For industrial work environments where accidental contact with live electoral conductors can occur. **Warning:** Electrical shock resistance deteriorates with wear and in a wet environment. |
| ![Yellow Triangle](image) | Yellow triangle indicates sole puncture protection with a Grade 2 protective toecap.  
For light industrial work environments requiring puncture protection as well as toe protection. | ![Yellow Rectangle](image) | Yellow rectangle with black SD letters indicates static-dissipative footwear.  
For industrial work environments where a static discharge can create a hazard for workers or equipment. **Warning:** This footwear should not be used where contact with live electrical conductors can occur. |
| ![Blue Rectangle](image) | Blue rectangle indicates a Grade 1 protective toecap with no puncture-resistant sole.  
For industrial work environments not requiring puncture protection. | ![Yellow Rectangle](image) | Yellow rectangle indicates sole puncture protection with a Grade 2 protective toecap. (super-static dissipative footwear)  
For industrial work environments where a static discharge can create a hazard for workers or equipment. **Warning:** This footwear should not be used where contact with live electrical conductors can occur. |

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**FIRST AID SUMMARY REPORT**

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

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**FIRST AID REPORT**

To view the most recent first aid report [CLICK HERE](#)

**WHY A HEALTH & SAFETY NEWSLETTER?**

Health and Safety is a priority at BCIT! Health and Safety newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

The Newsletter will be created and circulated each month. Please visit the Safety and Security office at the North End of SW01 for printed copies of the newsletter.

To submit ideas or suggestions for future installments, please contact the OHS Office.