

# PROTECT YOUR FEET

**Your foot has 26 bones, 38 joints, blood vessels, ligaments, muscles and nerves, which is why it hurts when you stub your toe or drop something on your foot.**

## USE PROTECTIVE FOOTWEAR AT WORK

Foot protection can guard your toes, ankles and feet from injury.

There are two major categories of work-related foot injuries. The first category includes foot injuries from punctures, crushing, sprains, and lacerations. They account for 10 per cent of all reported disabling injuries.

The second group of injuries includes those from slips, trips and falls. They account for 15 per cent of all reported disabling injuries. Use protective footwear to reduce your risk of injury.