



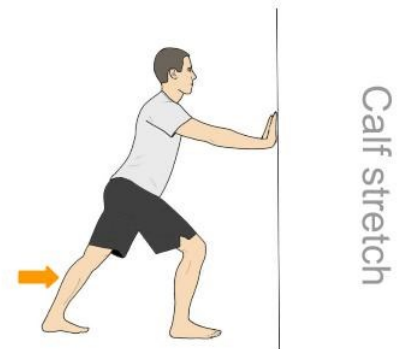
SAFETY TALK

Foot Health

Healthcare Workers can relate to the phrase *"I was on my feet all day!"* Our feet take us where we need to go, and act as shock absorbers to our back, hips and knees. It is important to have healthy feet in order to perform the activities of our lives—at work and at home.

Stretching and Movement

- Stretch your calves, feet and toes to increase circulation and avoid cramping.
- If possible, organize your work so that there are opportunities to sit, spread throughout the shift.
- Elevate your feet after work or while taking a break.



Footwear

- Invest in your feet. Buy good quality foot wear. Buy shoes later in the day when your feet are larger.
- Wear footwear that support the arch of your foot and fit well—not too tight, not too loose.
- Use shock-absorbing insoles or orthotics in your footwear.
- Flat shoes (preferred) or low-heels (1/4 to 1/3 inch).
- Going barefoot should be avoided, even at home.
- Wear compression socks or toe socks.
- Wear clean socks daily.



Caring for your Feet

- Wash feet daily with mild soap and warm water.
- Apply lotion to the top and bottom of your feet. Do not apply lotion between the toes.
- Stretch and massage your feet daily.
- Inspect feet daily, looking especially between the toes. Use a mirror if necessary, to see all surfaces.
- Cut toe nails straight across.
- Seek medical attention for persistent corns, calluses, fungal infections, ingrown toenails or more serious conditions such as arthritis or pain.



Floor Surfaces

- Whenever possible, use anti-fatigue mats, or cushioned floor surfaces.
- Use footstools, foot rails or perching stools when you stand to work, so you can alternate putting a foot up.

Lifestyle

- Exercise regularly to increase the circulation to your legs and feet.
- Reduce or quit smoking/vaping.
- Be mindful and monitor medical conditions that decrease circulation to your legs and feet, such as cardiovascular disease, diabetes and hypertension.

Sources:
Canadian Centre for Occupational Health & Safety (CCOHS): Foot Comfort & Safety at Work.
Canadian Podiatric Medical Association: Foot Health
Diabetes Canada: Foot care, A Step Toward Good Health.

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT CAN I DO TO DECREASE FOOT STRESS IN MY WORK DAY?

WHAT TIPS CAN I USE TO CARE FOR MY FEET AT HOME?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>