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These boots were made for walkin'



And how choosing the **best** safety footwear, over cost is the smart choice

Safety Boots... we all have to wear them whilst at work, and seeing as scaffolding is a heavily labour intensive job, meaning that we not only spend most of the day walking / climbing about, we more than likely do so with increased loads implied to our lower legs, ankles and feet and thus should make choosing the right kind of footwear an absolute priority.
... not to mention the safety aspect and how things like sweating through the feet can have serious long term health implications.

Picking the right type of boots is vital to your safety and performance at work, and they should all have several key boxes ticked;

- Be either steel'd or composite toed, for maximum protection for both the toes and the lower part of your foot's metatarsal bones.
- Have (again) either a steel or composite mid-sole plate running the entire length of the underside of the foot, to offer protection from standing on sharp and/or pointed objects, like nails, screws and spikes, etc.
- Ankle support, in the event of a slip, trip and falling incident, where one could easily sprain their ankle.

Under the safety standard **EN ISO 20345**, all those deemed as fit to wear whilst on site within the UK would also come under the 'PPE Regs', the **Personal Protective Equipment at Work Regulations 1992**, which outlines the key characteristics that these boots should conform too.

On many projects, the requirement of laced boots to be worn, instead of the slip-on types, is also enforced due to the possibility of Medical/Paramedic or First Aid trained personnel needing to get direct access to the foot, in the event of an accident/injury to the wearer's feet.



Being both water proof and breathable, with slip resistant soles are also highly recommended, especially when working during the winter or in times of excessive rain for obvious reasons, as you might expect.

Constantly wet feet, either through rainwater and/or sweat can cause serious health complications also: **Hyperhidrosis** is the name given to excessive sweating (feet or otherwise), and if the right footwear that has breathable qualities are not worn, might lead to fungus type conditions, like athlete's foot and eventually the dampness causing blisters with high levels of discomfort, and eventually infections that could make walking a near and agonising impossibility.

In short; you're on your feet for 10-12 hours per day for the most part - **so look after them**, keep them dry, and clean, suitably protected. Having spare changes of socks and maybe even some talcum powder in your kit bags, along with blister cream and plasters would be a proactive way deal with any issues before they happen. **Choose quality over cost or possibly pay the price later on...**

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