

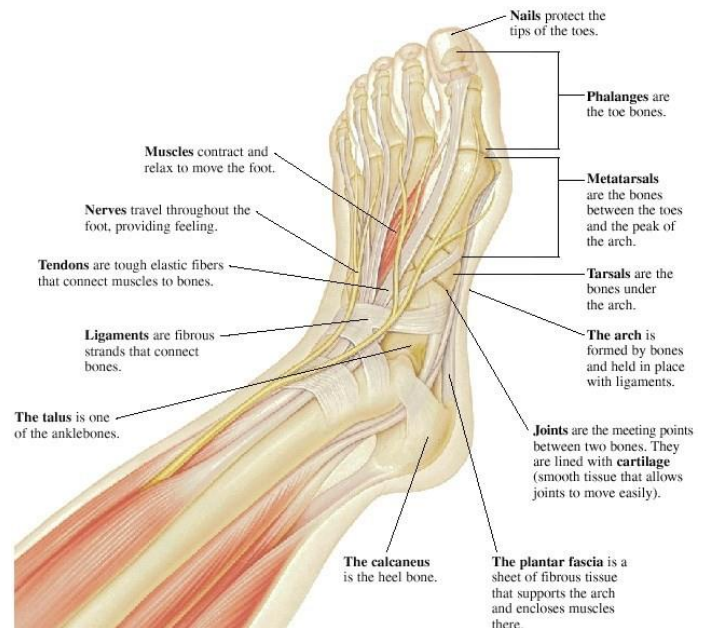
## Protect Your Feet... They Carry You Around For A Life Time!

### Whose Feet Are At Risk of Injury?

Regardless of where you work, whether it be in auto, truck and bus, parts plants, railways, aerospace, telecommunications, electronics assembly, foundries, fisheries and processing, airlines, offices, retail stores, mining, transportation, hotels, restaurants and health care...**all** workers are at risk from feet injuries.

### How Do Your Feet Work?

The foot is comprised of bones, joints, muscles, nerves, blood vessels, tendons and layers of fascia (connective tissues). The bones of the feet form arches that are supported by ligaments and muscles. These arches contribute to the strength, stability, mobility, and resilience of the foot. During standing, walking, running or jumping, the arches serve as shock absorbers, spreading energy before it is transferred higher up the leg. When the body tissues are sufficiently stressed, they become swollen and/or inflamed. Chronic inflammation can be the result of fallen arches where the shock-absorbing quality of the arch of the foot disappears through conditions of flat foot, pronation, supination or simple overuse. Losing the arch in your feet also changes the position of the knee and hip, which makes them more vulnerable to injury from working on your feet.



### SIGNS & SYMPTOMS OF TROUBLE

- ⇒ Swelling in the feet and legs
- ⇒ Fatigue in feet, legs or whole body
- ⇒ Discolouration due to restricted blood flow from standing
- ⇒ Varicose veins
- ⇒ Arthritis in knees or hips

**DON'T IGNORE THE SYMPTOMS!**



### Why Do Your Feet Hurt?

Poorly designed jobs that cause workers to stand on their feet for extended periods of time can cause foot problems. Cold, hard or uneven flooring surfaces that are not covered with proper shock absorption materials such as anti-fatigue matting add to the problem. Where possible, jobs should be designed to allow for transitions between sitting and standing. By the end of the workday, many workers cannot distinguish between fatigue in their feet and legs, and whole-body fatigue. Therefore, that whole-body fatigue you are feeling could be related to working on your feet!

# BEWARE!

Your work may need to be redesigned if you;

- ✓ Stand for all or most of your shift on surfaces with little or no shock absorption
- ✓ Have little or no opportunity to relieve your feet by sitting
- ✓ Have poor foot protection and arch support
- ✓ Have insufficient rest periods



## Unifor and Ergonomics:

Ergonomics is the science involved in designing work so that it accommodates the worker. As a union, Unifor is at the forefront in the field of ergonomics by:

- ✓ Working with health and safety and ergonomics committees to convince employers to change the workplace, work station, tools and work organization to prevent injuries
- ✓ Bargaining ergonomic language in our contracts
- ✓ Bargaining ergonomic expertise at the National, Regional and plant levels
- ✓ Bargaining paid time away from the job to give our bodies and minds the rest they need and deserve
- ✓ Designing and providing ergonomic training for our reps and membership
- ✓ Leading the push for Ergonomic Regulations both provincially and nationally.

### ***How to Learn More:***

You can learn more about working on your feet or Ergonomics by contacting:  
Unifor Health and Safety Department

115 Gordon Baker Road, Toronto, ON, M2H 0A8

Tel: (416) 495-6558 or

1-800-268-5763

Fax: (416) 495-6552

Email: [healthandsafety@unifor.org](mailto:healthandsafety@unifor.org) [www.unifor.org](http://www.unifor.org)

