

## SAFETY SHOE CARE TIPS:

Safety footwear is designed to protect feet against a wide variety of injuries. Impact, compression, and puncture are the most common types of foot injury.

- Choose footwear according to the hazards in your workplace.
- Ensure that the footwear has the proper sole for the working conditions.
- Use metatarsal protection (top of the foot between the toes & ankle) where there is a potential for injury.

## What Built-in Protection Features Come in Safety Footwear?

- High-cut (Ankle) shoes or boots provide ankle support & keep sparks, molten metals, and chemicals from getting into the footwear.
- Footwear with 200 J toe-cap, will absorb the blow if a heavy object falls or rolls on the foot. It protects from compression injury too.
- Steel/fabric (Non-Metallic) mid-sole protect the foot against penetration by sharp objects.
- Non-slip footwear prevents the wearer from slipping on certain surface type.
- Insulated footwear provides protection in cold temperatures.

## Tip #1 Give rest to Footwear

Did you know during a normal day your feet produce over a 1/4 cup of sweat & up to a 1/2 cup when active? You can extend the life of leather safety shoes by drawing sweat out of your shoes; reawaken the shoe's natural structural memory; and prevent the leather from wrinkling & cracking by rotating.

## Tip #2 Rotate Your Shoes

Shoes need a day off. If you want your leather safety shoes to last longer, never wear them for two consecutive days. This will also avoid fungal infection to your feet as moist footwear is breeding ground for fungus.

## Tip #3 Use a Shoe Horn

Always use a shoe horn when putting on your shoes. This saves the heel collar & counter from unnecessary wear & tear.



## Tip #4 Maintenance

We highly recommend cleaning your shoes on a regular basis, depending on frequency of use. The cleaning method depends on the shoe's material. Leather can be polished & conditioned with a leather lotion applied with a soft cloth. Suede looks best when brushed; although special suede brushes are available, a clean soft toothbrush works just as well. Do not use worn out toothbrush.



## Polishing Smooth Leather in a Nutshell

1. Clean the shoes with a dry brush to get the dirt off the top. Never use any type of cleaner that contains an acid or a detergent as both are damaging to leather & will age the shoe. Detergent destroys the natural oils in leather.

2. Condition the leather to soften & to replace the leather's natural oils. We recommend to use Kiwi Conditioner or any good quality conditioner containing lanolin.

3. Use paste, wax or cream polish to shine your shoes. Make sure the polish matches the shoes. Use a cream a shade lighter than the shoe to cover scratches. Neutral is the "color" for light colored shoes. Cream or paste polish moisturizes fine leather, keeps it flexible, and soaks into the leather to allow leather to breathe. Wax polish shines leather better than cream. Avoid liquid polish, although it puts a fast shine on your shoes it can dry out & crack the leather. You can apply the polish with a soft, clean polishing rag; old socks will work fine. You can also use a horse hair brush instead of a cloth.

4. Allow the shoes to dry (about 10 minutes) then buff the shoe with a polishing brush— preferably horsehair -- and use a soft clean cloth to bring out a high luster.

5. Weatherproof your safety shoes. A protective spray (3M) is an excellent way to protect your shoes from water, snow, mud, and spills. The best way to protect your shoes is to wipe the leather with a damp cloth, following the instructions on the protector spray. Spray your shoes before wearing, and on a regular basis thereafter.

6. Suede can be cleaned with a clean soft brush (like a toothbrush) to remove stains & dirt. Also special brass-bristle brushes are available to raise the nap after cleaning. A protective finish (like Scotchguard- Leather Protector for Suede & Nubuck) sprayed on suede shoes will help repel water & stains.

7. Nubuck - (brushed leather similar to suede, but with a finer nap) treat the shoes with water repellent, use rubber-bristle brush (not nylon).

## Tip #5 Shoe Bags

When traveling, use shoe bags; this will prevent the soiling from getting in touch with your clothing.



## Tip #6 Care of Sole

Once in a week please inspect the sole of your safety footwear. clean the same with a brush & inspect for crack, sign of wear out, embedded metal chips, nails & other foreign material. If found remove them as embedded metal can interfere with electrical properties of your footwear.



## Tip #7 Care of In-sock:

Do not change your in-sock without consulting your safety officer as it might be having antistatic properties. Similarly do not put additional sock, orthotics without consulting your safety footwear manufacturer.

## Tip #8 Avoid Heat

Always keep shoes away from direct heat to prevent the leather from drying out. Leather should always dry naturally. It's important to avoid drying them near a fire or heater. This overheating literally cook the leather & cause it to become stiff & brittle. The best technique is to ensure that dry room temperature air can circulate inside the boots.



What should you do if your shoes or boots get wet? The first thing to consider is to stuff newspaper inside the footwear to wick out water. Change newspaper stuffing twice. The less water absorbed by leather, the longer it will last & the more comfortable you'll be. Wet leather will become brittle as it dries. Once your shoes are wet, they should be dried as soon as



Correct



Incorrect

possible with room temperature dry air (Between 70-95 degrees Fahrenheit or 20-35 degrees Centigrade). If you're in a situation where you can't properly dry your boots, wear them in a dry area until they can dry out a bit before you take them off.

If you let the boots sit in a wet condition for days without drying out, they can become moldy. This isn't good for the boot, mold or mildew is nearly impossible to get rid of.

## How Should I Care for My Feet?

Feet are subject to a great variety of skin & nail disorders. Workers can avoid many by following simple rules of foot care:

- Wash feet daily with soap, rinse thoroughly & dry, especially between the toes.
- Trim toenails straight across & not too short. Do not cut into the corners.
- Wear clean socks & change them daily. Some feet sweat more than others & are more prone to athlete's foot. Again, following a few simple guidelines may help:
- Use foot powder.
- See a doctor for persistent ingrown toenails, calluses, corns, fungal infection & more serious conditions such as flat feet & arthritis.
- Remember to practice safety; don't learn it by accident.



# INFORMATION NOTE & CARE TIPS





## Information Note

Before using the footwear contained in this package, please read this note carefully. Thank you for choosing JCB footwear. Please note that some of the contents of this note are laid down in current standard.

## GENERAL

- Marking

Labelling	 		ISI MARK
Brand	GUTSO		Size
Article No	42/UK8	Mgf Identification	
Standard No	RIL	Add. Requirements	
Protection Symbol	ISO 20345:2011 S1 SRC A HI CI E FO	ISO 15298(PART2):2016	

In addition to the basic requirements, some footwear may carry the following identifying letters:

Protection Symbol	Footwear features	ISO 20345:2011 IS 15298(P1.2)	ISO 20347:2012 IS 15298(P1.4)
		S8 S1 S2 S3 O8 O1 O2 O3	
	Closed heel area	0 X X X X 0 0 X X X	
	Toecap impact of 200 J	X X X X X - - - -	
FO	Resistance to hydrocarbons	0 X X X X 0 0 0 0 0	
E	Energy absorption of heel region	0 X X X X 0 X X X X	
A	Antistatic	0 X X X X 0 X X X X	
WRU	Penetration & absorption water upper	0 - - X X 0 - X X X	
P	Perforation resistance sole complex	0 0 - X 0 0 0 - X	
C	Conductive footwear	0 0 0 0 0 0 0 0 0	
I	Electrically Insulating (Only Class II)	0 0 0 0 0 0 0 0 0	
HI	Heat insulation of sole complex	0 0 0 0 0 0 0 0 0	
CI	Cold insulation of sole complex	0 0 0 0 0 0 0 0 0	
WR	Water resistance of the footwear	0 0 0 0 0 0 0 0 0	
M	Metatarsal protection	0 0 0 0 - - - -	
AN	Ankle protection	0 0 0 0 0 0 0 0 0	
CR	Cut Resistance of the upper	0 0 0 0 - - - -	
HRO	Resistance to heat contact	0 0 0 0 0 0 0 0 0	

X = Compulsory for the specific category

0 = Optional requirement, in addition to compulsory ones, if stated on the marking

- = Not applicable

## ELECTRICAL PROPERTIES

### Conductive Footwear

"Electrically conductive footwear should be used if it is necessary to minimize electrostatic charges in the shortest possible time, e.g. when handling explosives. **Electrically conductive footwear should not be used if the risk of shock from any electrical apparatus or live parts has not been completely eliminated.** In order to ensure that this footwear is conductive, it has been specified to have an upper limit of resistance of 100 kΩ in its new state.

During service, the electrical resistance of footwear made from conducting material can change significantly due to

flexing and contamination, and it is necessary to ensure that the product is capable of fulfilling its designed function of dissipating electrostatic charges during its entire life. Where necessary, it is therefore recommended that the user establish an in-house test for electrical resistance and use it at regular intervals. This test and those mentioned below should be a routine part of the accident prevention program at the workplace.

If the footwear is worn in conditions where the soling material becomes contaminated with substances that can increase the electrical resistance of the footwear, wearers should always check the electrical properties of their footwear before entering a hazard area.

Where conductive footwear is in use, the resistance of the flooring should be such that it does not invalidate the protection provided by the footwear.

In use, no insulating elements should be introduced between the inner sole of the footwear and the foot of the wearer. If an insert is put between the inner sole and the foot, the combination footwear/insert should be checked for its electrical properties."

### Antistatic Footwear

"Antistatic footwear should be used if it is necessary to minimize electrostatic build-up by dissipating electrostatic charges, thus avoiding the risk of spark ignition of, for example, flammable substances and vapors, and if the risk of electric shock from any electrical apparatus or live parts has not been completely eliminated. It should be noted, however, that antistatic footwear cannot guarantee adequate protection against electric shock as it only introduces a resistance between foot and floor. If the risk of electric shock has not been completely eliminated, additional measures to avoid this risk are essential. Such measures, as well as the additional tests mentioned below, should be a routine part of the accident prevention program at the workplace.

Experience has shown that, for antistatic purposes, the discharge path through a product should normally have an electrical resistance of less than 1 000 MΩ at any time throughout its useful life. A value of 100 kΩ is specified as the lowest resistance limit of a product, when new, in order to ensure some limited protection against dangerous electric shock or ignition in the event of any electrical apparatus becoming defective when operating at voltages of up to 250 V. However, under certain conditions, users should be aware that the footwear might give inadequate protection and additional provisions to protect the wearer should be taken at all times.

The electrical resistance of this type of footwear can be changed significantly by flexing, contamination or moisture.

This footwear might not perform its intended function if worn in wet conditions. It is, therefore, necessary to ensure that the product is capable of fulfilling its designed function of dissipating electrostatic charges and also of giving some protection during its entire life. It is recommended that the user establish an in-house test for electrical resistance, which is carried out at regular and frequent intervals.

Class I footwear can absorb moisture and can become conductive if worn for prolonged periods in moist and wet conditions.

If the footwear is worn in conditions where the soling material becomes contaminated, wearers should always check the electrical properties of the footwear before entering a hazard area.

Where antistatic footwear is in use, the resistance of the flooring should be such that it does not invalidate the protection provided by the footwear.

In use, no insulating elements should be introduced between the inner sole of the footwear and the foot of the wearer. If any insert is put between the inner sole and the foot, the combination footwear/insert should be checked for its electrical properties."

### ELECTRICAL HAZARD

Electrical hazard, safety-toe shoes are nonconductive and will prevent the wearers' feet from completing an electrical circuit to the ground. They are opposite to conductive footwear. EH shoes can protect against open circuits of up to 600 volts in dry conditions and should be used in conjunction with other insulating equipment (Like Insulating Gloves) and additional precautions to reduce the risk of a worker becoming a caution for hazardous electrical energy. The insulating protection of electrical hazard, safety-toe shoes may be compromised if the shoes become wet, the soles are worn through, metal particles become embedded in the sole or heel, or workers touch conductive, grounded items. Note: (1) Non conductive footwear must not be used in explosive or hazardous locations such as Paint Booth, (2) Steel toes have never been shown to conduct electricity as long as the toe is still covered with the shoe material. EH footwear should not have any metal in sole complex.

**CAUTION:** Ensure no metal component embedded in the sole as it may reduce the non-conductive properties.

### IN-SOCKS WARNING

Footwear shall only be used with the in-sock in place and that the in-sock shall only be replaced by a comparable in-sock supplied by the original footwear manufacturer.

If the footwear is supplied without an in-sock, it should be made clear in the leaflet that testing was carried out with no in-sock present. A warning shall be given that fitting an in-

sock can affect the protective properties of the footwear. **WARNING INFORMATION FOR PROTECTIVE TOE CAPS AND PENETRATION RESISTANT INSERTS:**

The protective elements of this footwear have been studied, in compliance with current regulations, to protect the toes against accidental impact with dangerous objects falling from above, and the soles against penetration by sharp objects. In the event of impact and/or penetration, **ALWAYS REPLACE THE FOOTWEAR, EVEN IF NO DAMAGE CAN BE SEEN.** Such protection shall only be applicable if the footwear is worn and fastened correctly.

### WHAT SHOULD I KNOW ABOUT SAFETY FOOTWEAR?

Protective footwear worn in the workplace is designed to protect the foot from hazards such as falling objects, stepping on sharp objects, heat & cold, wet & slippery surfaces, exposure to corrosive chemicals & electrical energy. As a user, you should know the risks in your workplace & when selecting footwear, consider the safety hazards in your work area. If foot protection is required in your workplace, your employer should implement a complete foot safety protection program including : selection, fit testing, training, maintenance, and inspection of footwear. This will help you select the right protective footwear. Ask your safety officer what protective footwear & other personal protective equipment (PPE) is required meeting BIS standard.

When purchasing new protective footwear, its important to get the right fit & comfort so they will not cause calluses, in grown toe nails, or simply tired feet that are common among workers who spend most of their working time standing or do a lot of walking. Although these may not be considered as occupational injuries, they can have serious consequences for health & safety at the workplace. They can cause discomfort, pain & fatigue. Fatigue can cause a worker an injury affecting the muscles & joints. Also, a worker who is tired & suffering pain is less alert & more likely to act unsafely, which can cause an accident.

Before wearing new shoes or boots on the job, wear them at home until you're sure they fit well.

