Preventing Trench Foot

When sleeping or resting, do not wear socks.

Put on clean, dry socks daily.

Thoroughly clean and dry your feet.

The following steps to prevent trench foot.

Most medical authorities define trench foot as a medical condition caused by prolonged exposure of the feet to damp, unsanitary, and cold conditions.

Trench foot can involve the toes, heel, or entire foot. In its most severe stages, the skin is damaged and falls off. In severe cases, untreated trench foot can lead to infection and amputation.

Symptoms of trench foot include:

- A tingling and/or itching sensation
- Pain
- Swelling
- Cold and blotchy skin
- Numbness
- A prickly or heavy feeling in the foot.

War I. It is one of many immersion foot syndromes.

The use of the word trench in the condition name refers to trench warfare, mainly associated with World War I. It is one of many immersion foot syndromes.

Preventing Eye Injuries from Welding Activities

Most of us take eyesight for granted and appreciate it only when it is gone. According to WebMD, your eyes are the most highly developed sensory organ that we use. Human eyes can adapt to varying levels of light, self-clean for a clearer picture, discern colors, discern depth, discern motion and detect danger. Detecting and avoiding danger is very important because your eyes are very susceptible to injuries. This is especially true when welding as nearly ¼ of all welding injuries involve the eyes.

Eyes are irritated by the fume, a molten metal cooling off to the solid state. Examples of metal fume known to irritate eyes are copper and alloys such as bronze and brass; fluorides, commonly used as electrode coatings and flux material; and molybdenum, found in steel alloys, iron, stainless steel, and nickel alloys. Although typical goggles and face shields can protect the eyes from many injuries, they cannot keep out fumes. For this reason, it is important to have good ventilation and exhaust systems.

Dust and flying debris are also common causes of eye injuries. The eye’s cornea is very sensitive and will let you know if you have dust particles in your eye. If blinking doesn’t dislodge the particle, try flushing with water or saline. Metal splinters or molten metal can become accidentally embedded in the eye. In these cases, do not attempt to remove the object. Seek medical attention immediately.

UV radiation is absorbed by the cornea of the eye and is sometimes known as flash burn or arc eye. Flash burns usually appear 3-12 hours after the eyes were exposed to UV radiation. Symptoms include pain, feeling like there’s something in your eye, blurry vision and sensitivity to light. Wearing the right eye protection in the right way is the only way to prevent flash burns. This rule applies to the employees performing the work and to personnel observing the operation; for example, a fire watch or an assistant.