Preventing 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 knows no season! Prolonged exposure to wet sock and boots at any temperature may result in trench foot.

The Center for Disease Control (CDC) recommends the following steps to prevent trench foot.

- When sleeping or resting, do not wear socks.
- Thoroughly clean and dry your feet.
- Invest in a boot dryer for use year around and always carry an extra pair of socks and footwear with you.

Symptoms of trench foot include:
- Numbness
- Cold and blotchy skin
- Swelling
- Pain
- 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. The Center for Disease Control (CDC) recommends the following steps to prevent trench foot.

- Notice the symptoms of trench foot or any other immersion foot condition. As with any other cold illness, seek medical treatment as soon as possible if you notice the symptoms of trench foot or any other immersion foot condition.

Why Do We Need Warning Decals or Safety Signs?

Warning decals and safety signage are meant to send a message to the interpreter. One type of safety sign that we are all familiar with is the WET FLOOR sandwich board type sign. The sign usually includes a universal pictograph along with the wording so that most people understand the message and move away from the area. Messages on decals can convey an instruction for use, a specific hazard to avoid or even an area to avoid. These types of decals must be readily visible, legible and suitable for the environment.

Our target audience must also be trained to look for and be able to understand the message. Manufacturers of equipment from ladders to backhoes are required by the ANSI standards to include safety and operation instructions in the form of decals and labels on their products. Most manufacturers will also supply, or sell, sheets of labels for their particular product. If you choose to make and place your own labels, follow the basics of the ANSI Z535 and OSHA’s 1910.145 standards for formatting.

Safety labels should include a pictogram, which is an image that describes the risk as well as a signal word; the most common signal words include:

- **NOTICE** – The text should appear in blue print and used as a reminder of the environment to avoid possible risks.
- **CAUTION** – The text should appear in yellow print and black borders. These signs should be used when referring to the risk of a minor or moderate injury.
- **WARNING** – The text should appear in orange print and used when death or serious injury could occur.
- **DANGER** – The text should in red print and a black outline along the borders. These signs should be used ONLY when death or serious injury WILL occur.
- **SAFETY INSTRUCTION** – Indicates specific safety-related instructions or procedures that are related to safe work practices. Safety instruction signs are required to be white with a green upper panel and white letters. Any additional wording should be printed with black on a white background.

Along with the common safety signal words there needs to be a short, yet effective description of the nature of the hazard, possible consequences of the hazard and how to avoid the hazard all together.

Ensuring that labels and decals are present, legible and understood by employees is a simple safety step that is often overlooked.