



STUDENT WORKBOOK

Firefighter Foot Care

Overview:

The intent of this module is to initiate a discussion on how to keep feet injury free so you can complete the assignment.

Exercise Instructions:

Watch the video and read the firefighter boot fitting document. Then, take 15 minutes and discuss the questions below (in small groups or as a whole class). Share answers with the whole class if done in groups.

Exercise

The video focused on common foot injuries, self-care maintenance and interventions.

- What are some foot injuries that you or a coworker has suffered from?
- How did the injury get treated?
- Could the injury have been prevented? If so, how?

The video also concentrated on actions that may prevent injuries.

- What items do you carry for blister protection?
- What type of socks do you use?
- How do you break in a pair of new boots?

Take five minutes and use your mobile device to search for some other answers to the questions above.

Submit feedback for the 2016 Fire Refresher using the QR code below.

