

## Sites of interest:

**Work Health & Safety Queensland:**  
<https://www.worksafe.qld.gov.au/injury-prevention-safety/workplace-hazards/slips-trips-and-falls/footwear>

**Parasites:**  
[http://www.merckmanuals.com/home/infections/parasitic\\_infections/overview\\_of\\_parasitic\\_infections.html?qt=&sc=&alt=](http://www.merckmanuals.com/home/infections/parasitic_infections/overview_of_parasitic_infections.html?qt=&sc=&alt=)

**Foot Infections:**  
<http://emedicine.medscape.com/article/1237208-overview>

**Penetrating Injuries of the foot:**  
<http://www.foothealthfacts.org/footankleinfo/puncture-wounds.htm>

**Laceration of the Foot and Leg:**  
<http://accessmedicine.mhmedical.com/content.aspx?bookid=348&sectionid=40381512>

**Please protect  
your feet; they  
will thank you for  
it!**



## Staphylococcus

A staph infection is caused by a *Staphylococcus* (or "staph") bacteria. Actually, about 25% of people normally carry staph in the nose, mouth, genitals, or anal area. The **foot** is also very prone to picking up bacteria from the floor. The infection often begins with a little cut, which gets infected with bacteria.



## Cuts

Cuts are among the most common foot injuries, because our feet meet with so many surfaces that can contain sharp objects. Therefore, it's important to wear footwear to prevent foot lacerations, abrasions and punctures.



## Parasites- Hookworm

Hookworm disease is one of the most common parasitic roundworm infections of the intestines. This disease is widespread in tropical and subtropical countries where people and animals may defecate on the ground and where the soil moisture is most favorable for hookworm eggs to develop into larvae (immature worms).



## Melioidosis

Melioidosis, also called Whitmore's disease, is an infectious disease caused by the bacterium *Burkholderia pseudomallei*. Melioidosis is predominately a disease of tropical climates where it is endemic. The bacteria causing melioidosis are found in contaminated water and soil.



# OMG!



# My Poor Feet!



## What are my bare feet exposed to?

- **Parasites:** Hookworm, Roundworm, Pinworm
- **Fungal Infections:** Tinea, Ringworm
- **Bacterial Infections:** Cellulitis, Melioidosis
- **Injury:** Laceration, Cut, Abrasion, Puncture
- **Bites:** Insect (Spider, Tick, Mite, Ant, Mosquito)
- **Other:** Toenail Injury, Ankle Injury



## What does this mean for me?

- **Health implications & medical treatment**
- **Possible impact/delay with my studies**
- **Employment implications while I study**
- **Implications for sport, recreation & my personal life**



## JCU's obligation to you!

JCU, by law, is obligated to ensure a safe and healthy environment in which you study. However, JCU cannot prevent injury and/or illness when individuals do not take simple yet effective measures for themselves – such as wearing appropriate footwear. JCU requires you to wear some form of footwear.



## So what can I do?

I can prevent a great deal of possible implications for myself by choosing to wear appropriate footwear. Many people choose to wear thongs/flip-flops as the footwear of choice; and while these provide some form of protection, these are not the same as the protection afforded by wearing covered shoes. I have to ask whether I can afford to 'lose so much' by not protecting my feet.

**Protect your feet: you only have one pair to last you a lifetime!**

