

FOOTWEAR FOR INDUSTRY

BY WRNW

WORK RIGHT^{NW}
INJURY PREVENTION

CHOOSING THE RIGHT FOOTWEAR

Considerations for happy feet

- **1 CORRECT SIZE**
Purchase shoes that are $\frac{1}{2}$ to 1 size larger because when standing, the feet will swell. Don't rely on the size of your current pair either, measure each time and do so **WHILE STANDING**.
- **2 TIMING**
It is best to buy work shoes right after you have been standing for an extensive length of time. Your feet are more communicative when they are tired.
- **3 LET THEM MOVE**
Make sure your toes have the room to wiggle.
- **4 SOFT HEELS**
When trying on shoes, go for a softer heel material.
- **5 SHOP LATER**
Shop for shoes in the late afternoon. Feet stretch with activity and as we have been standing. You will get a feet for your true size later in the day.
- **6 TRY THEM BOTH**
Always try on both shoes and spend a few minutes walking in them. Don't read a book by its cover! Comfort over appearance is **IMPORTANT!**

Foot problems for industrial athletes who spend a majority of the day on their feet is common. So common, that sources say 2 out of 3 workers suffer some sort of foot problem. While general "foot pain" is not always recognized as an "injury", it can sure feel like one!

Do you have a job that involves walking and/or standing for 50% or more of your day? If so, you fall into the category of "prolonged standing". Not surprisingly, "prolonged standing" is the primary occupational posture, or in simpler terms, it is very common in the industrial setting. If this is you, rest assured, foot or ankle pain does not have to be in your future!

Risk factors for foot or ankle problems:

Improper shoes, concrete floors, & prolonged standing

Can proper footwear prevent foot pain?

Yes! Normalizing foot mechanics prevents uneven pressure on vulnerable areas of the foot



New to the industrial setting OR finding it time to renew or replace shoes? Use this helpful evidence based guide to foot pain prevention with proper footwear.

It is also beneficial to switch out shoes during the week-give your feet a little variety. Maybe your shoes are not worn out, but you still have soreness at the end of the day? Treat yourself to a second pair and switch them out throughout the week!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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