

WORK RIGHT R E V I E W

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THE COST OF INJURY: THE FOOT

BY WRNW



It's a literal pain to get back on your feet after a foot injury. In fact, the foot is one of the <u>top</u> <u>five</u> body parts attributing to work days lost. Let's dive deeper into the cost of foot injuries and how to prevent them.

NUMBER CRUNCHING

Looking at the combined cost of foot injuries and wages lost, a work related foot injury costs an average of \$28,000. By comparison, here are some common foot injury types:

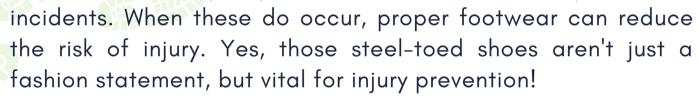
Foot Fracture – Typical medical intervention for any fracture includes an x-ray (cost ranging \$170 - \$2,000) and casting (\$250).

Foot/Ankle Sprain and Strain – Looking at lateral ankle sprains, the most common type of foot and ankle sprains, the median cost is \$1,000!

Plantar Fasciitis - while it is easy to diagnose and can resolve with proper footwear, stretches and exercises, it could result in surgery. Surgery can cost \$10,000 or more!

PREVENTION

Workplace foot injuries can be caused by punctures, crushing, lacerations and slip, trip and fall



- Implement a Shoe Rotation on day 1, wear pair A. Day 2, wear pair B.
- Evaluate Your Equipment is there noticeable wear and tear on the insoles? Switch them out with new ones! Is the tread on the outsole smooth and worn down? Time to go shoe shopping!



WANT TO READ MORE? SCAN THE QR!

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.













The RIGHT Fit with SUPERfect



Over-the-counter shoe insoles aren't the only option. We recommend Superfeet insoles for the industrial athlete. Check out the Superfeet Fit Finder to ensure the RIGHT insole for the RIGHT fit. Use promo code **WorkRightNW2022** to receive 15% off your order and free shipping at checkout!