



# WORK RIGHT REVIEW

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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 **top five** 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 incidents. When these do occur, proper footwear can reduce the risk of injury. Yes, those steel-toed shoes aren't just a fashion statement, but vital for injury prevention!



- **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!

### The RIGHT Fit with **SUPERfeet**



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!

**WANT TO READ MORE?  
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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.

