

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 52



THESE BOOTS ARE MADE FOR WALKIN' BY WRNW



Hey, sole survivors. Let's kick it! This isn't just any footcare newsletter; it's your VIP pass to happy feet. We put our best foot forward from pro tips to hidden gems. We've got the full arsenal of resources for your feet – like having a foot spa in your inbox. It's a shoebox full of goodies – videos, tips, and past gold nuggets to pamper those trusty foot soldiers. No more playing footsie with injuries; let's strut into a world where blisters and bunions are old news!

FIND YOUR FOOTING

To start, we're dishing out foot-fabulous flicks! Watch Happy Feet for some serious toe-tappin' inspiration, or dive into 4 Ways to Relieve Foot Pain from Working on Concrete Floors featuring our friends at Ally Safety – because let's face it, those floors are less 'solid ground' and more 'tough love' for our feet!



FEET FEATS & FIXES

Here's a visual goldmine for happy, healthy feet. Check out these infographics all geared toward treating your feet with care – step by step and day by day! A past calendar gives daily exercises, foot care, and injury prevention strategies. A flyer gives a routine to help tired and achy ankles, feet, and toes. And, an infographic gives you a play-by-play on identifying foot pain and caring for your feet!



SUPER FEET WITH SUPERfeet

As you may have heard, Work Right partnered with Superfeet recently to provide you with the best insoles in the industry! Most footwear lacks the necessary shape to anatomically fit our feet. But Superfeet insoles deliver 3D shape where you need it, filling in the empty space. They adapt our relatively flat footwear to the 3D foot for a better fit.



TO ACCESS THESE RESOURCES, 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 Specialists 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.



Ask your onsite Injury Prevention Specialist how you can ensure the RIGHT fit with Superfeet. It'll be your best move yet!