



OPTIMISE COMFORT OF SAFETY FOOTWEAR!

Safety shoes are becoming increasingly innovative and comfortable, but some people still suffer from pain and discomfort.

Here are the solutions to the most common problems:

- 1** When putting on footwear, push the foot to the back of the shoe.
- 2** Adjust the lacing of your laces every 2 hours, as the laces relax and the foot can change volume during the day.
When it's cold, the blood rises towards the vital parts of the body, and there is less blood flow to the extremities resulting from a reduction in the foot volume.
When it's too hot, on the other hand, feet and legs can swell.
- 3** At the end of the day, **remove the insole from the shoe** for more effective drying and to limit odours. **A special deodorising and disinfectant spray** for safety shoes limits the effects of perspiration. **Use a quick-drying sock**, made from Coolmax®, to limit painful foot rubbing and reduce the discomfort due to perspiration.
- 4** A **shock-absorbing insole**, specifically designed for safety footwear, is an easy solution that provides comfort and reduces foot fatigue caused by intensive walking.

Good to know:



Wearing shoes that are too large can cause the foot to slide forward. The foot is therefore poorly positioned, completely on the front of the shoe, giving the sensation that the shoe is too short.

The pedimeter allows a quick and precise foot size. We recommend that you to check your shoe size regularly.

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Lacing tutorial



5 good practices against foot pain!





HOW TO TIE YOUR SHOES?



1

1 Place your heel at the back of the shoe to ensure that the heel is pressed against the heel counter



2

2 Pull the laces tight from the toe of the shoe, eyelet by eyelet.



3

3 Finish lacing by keeping the lace under tension.



4

4 In a well-laced shoe, the lace should be taut from top to bottom.

However, make sure that the foot is not compressed.



For workstations where there is a lot of movement, it is important to repeat this operation every 2 to 3 hours, especially in very hot or very cold environments because the foot changes volume.

Tying your shoes properly will limit:

- wear on the inner lining of the shoe
- pain under the arch of the foot
- blisters or chafing in the heel area
- toe pain due to contact with the shell of the shoe
- painful foot rubbing



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