

A Guide to Healthy Feet

"Each day we use our feet and don't think twice about it. Whether we're standing for hours on end, walking, working or even resting, our feet undergo a serious amount of stress every single day. Learn exactly what your feet endure day in, and day out in our list of interesting foot facts."



Did you know??

It's rare that two feet are exactly the same; one of them is often larger than the other.



There are **250,000** sweat glands in our feet that can excrete up to a **half-pint** of moisture daily.



Each foot is made up of:

- 26 bones
- 107 ligaments
- 19 muscles
- 33 joints



IMPACT, COMPRESSION and PUNCTURE are the most common types of foot injuries in the workplace. This is why proper footwear is extremely important.

Standing in one spot is far more tiring than walking because the demands are being made on the same few muscles for a longer length of time.

On average, Americans encounter 1.4 foot problems each year.



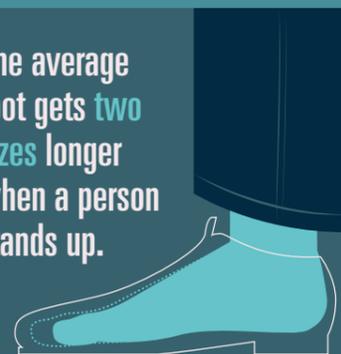
The average adult takes **4,000** to **6,000** steps a day! Take that, Fitbit!



Because of feet being their largest at the end of the day, **8 out of 10 Americans** experience foot problems as a result of wearing ill-fitting shoes due to feet swelling as the day goes on.



The average foot gets **two sizes** longer when a person stands up.



Conditions such as **arthritis, diabetes, and nerve and circulatory disorders** can often show their initial symptoms in your feet; be sure to pay attention to them, as your feet depict your general health.

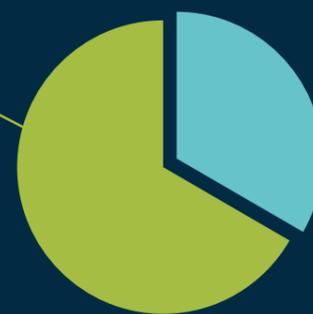


The height of your arches in your feet can affect the direction your ankles roll; this is often referred to as PRONATION.



Surveys suggest that **two out of every three workers suffer** from some form of a foot problem based on their shoe choice. This could easily be from a slip and fall injury, not having comfortable work shoes, or simply just not following the OSHA Safety Programs protocol for protective footwear.

OUCH.



HEALTHY FEET

"Each day we use our feet and don't think twice about it. Whether we're standing for hours on end, walking, working or even resting, our feet undergo a serious amount of stress every single day. Learn exactly what your feet endure day in, and day out in our list of interesting foot facts."



Did you know??

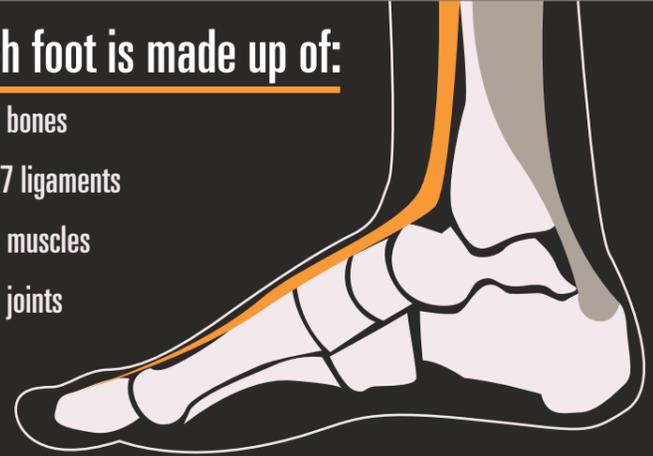
It's rare that two feet are exactly the same; one of them is often larger than the other.

There are **250,000** sweat glands in our feet that can excrete up to a **half-pint** of moisture daily.



Each foot is made up of:

- 26 bones
- 107 ligaments
- 19 muscles
- 33 joints



IMPACT, COMPRESSION and PUNCTURE are the most common types of foot injuries in the workplace. This is why proper footwear is extremely important.

Standing in one spot is far more tiring than walking because the demands are being made on the same few muscles for a longer length of time.

On average, Americans encounter 1.4 foot problems each year.



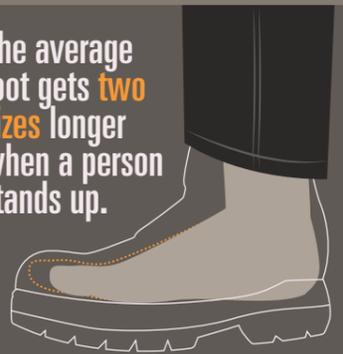
The average adult takes **4,000** to **6,000** steps a day! Take that, Fitbit!



Because of feet being their largest at the end of the day, **8 out of 10 Americans** experience foot problems as a result of wearing ill-fitting shoes due to feet swelling as the day goes on.



The average foot gets **two sizes** longer when a person stands up.



Conditions such as *arthritis, diabetes, and nerve and circulatory disorders* can often show their initial symptoms in your feet; be sure to pay attention to them, as your feet depict your general health.



The height of your arches in your feet can affect the direction your ankles roll; this is often referred to as PRONATION.



Surveys suggest that **two out of every three workers suffer** from some form of a foot problem based on their shoe choice. This could easily be from a slip and fall injury, not having comfortable work shoes, or simply just not following the OSHA Safety Programs protocol for protective footwear.

OUCH.

