



MAKING YOUR WORK SHOES WORK BETTER

Long days of working in a warehouse where a lot of walking is involved can leave your feet feeling sore, painful and exhausted. Feet in concrete warehouse and manufacturing floors take a lot of punishment, and are taken for granted in an environment where the focus can be on repetitive stress injuries, safe lifting practices and machine safety.

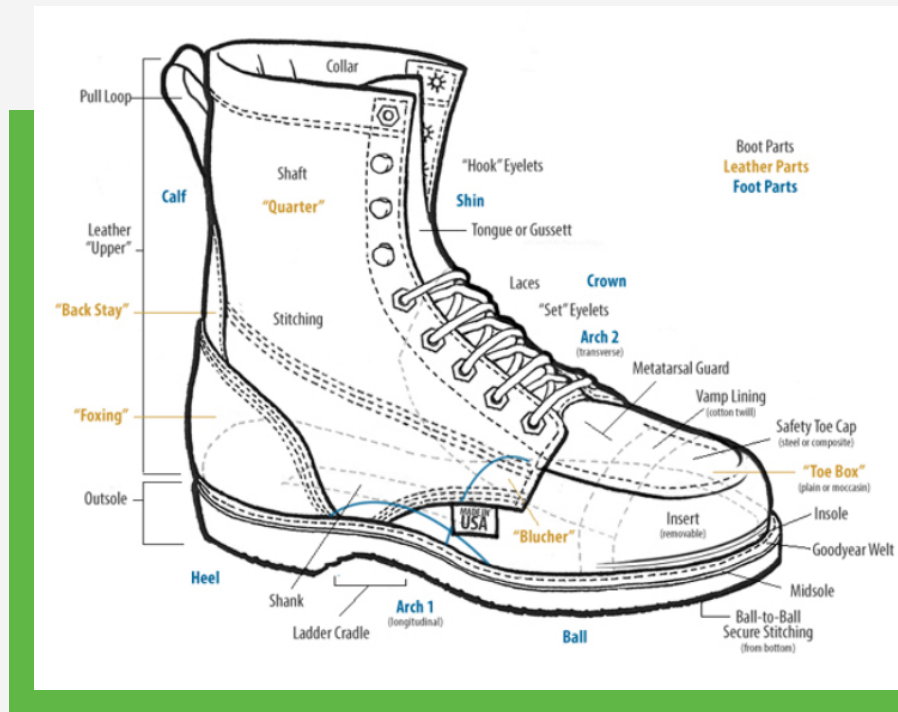
While there is plenty of awareness of proper shoes for safety and even for comfort, how do we go the extra mile for our feet and make them feel great all day long? We start with better insoles. Here is our guide to selecting them:

Every Sole as an Individual

While many high-quality shoes are satisfactory out of the box, they often focus primarily on features like the outsole and its impact on your feet, or the on toe box or shank, but the insole – even if it is high quality – is a “one size fits all” item even though the sole of your foot is the most unique aspect of any person’s feet.

The soles of feet vary greatly by individual, not only in terms of width or length, but most importantly by the longitudinal arch.

Approximately 20-30% of the US population is flat-footed in one or both feet, a condition which can also develop later in life as well. Other issues, like Plantar fasciitis, are potentially chronic injuries for some people that results from long periods of standing, exercise or obesity, affecting about a third of people in both legs.



Plantar fasciitis is responsible for about 80% of those suffering with heel pain. Injuries like this are slow to heal and are a source of pain without some way to alleviate it.

Finally, for those with flat feet, chronic knee pain is also common from the misalignment created by the knees pointing inward from the lack of an arch in the foot.

Four Questions to Improving the Comfort of Your Shoes

To help ensure you get the best results for your feet, here is a brief guide to choosing the right insole for your feet to maximize the comfort and reduce the potential for fatigue and injury in your legs:

1. Does your day involve more walking, or standing?

2. What type of surface are you mainly walking/standing on?

- Concrete, pavement or other hard surfaces (like ceramic tile)
- Linoleum, industrial carpet (over concrete) or other soft tile
- Outdoor – grass or dirt

The surface you work on every day will impact the type of solution you will need.

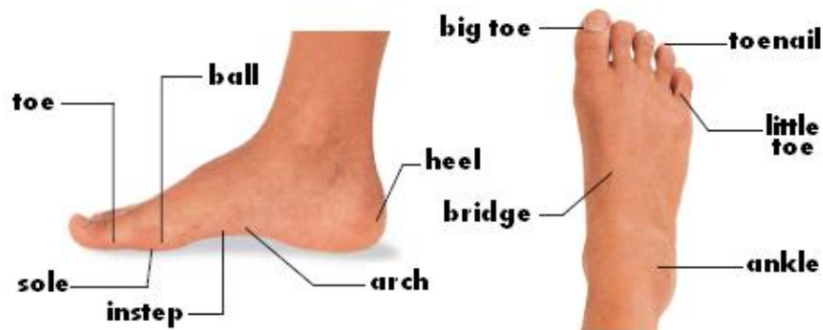
3. In what part of your foot most recently, or most commonly feel pain? The foot is broken down into three primary sections: the ball (front), arch, and the heel. Figure out where your pain is emanating from so that you can pick an insole that will cater to that area specifically. If more than one section is hurting, then you need to get a model that will ease all of your pain, not just one part.

4. Determine your arch type with the “Wet Test”

What kind of arch do you have? You might need to see a podiatrist to get a firm answer for this question, but you can generally determine on your own if you have a high arch, a low arch, or a flat foot.

You can determine this at home using the “wet test”, something that runner’s do to help them determine the optimal shoes they need.

Fill a shallow pan or bath with just enough water to cover the bottom, and step in it with your bare foot, ensuring you get the bottom of your foot completely wet.



Once your foot is wet, step onto a large sheet of paper that is larger than your foot (the average American male foot is a size 10.5, which will fit on a sheet of 8 1/2" x 11" paper). Press down with your wet foot, and then remove it to see your footprint clearly on the paper.

If you see a gap about half of the width of your foot where the arch is, then you have normal arches. This means that you don't have to get a specialized insole. If you see a gap less than half of the arch section, you are considered to have flat feet. In this case, you could compensate for the fact that you are putting more pressure on your foot than normal. Finally, if you barely see the arch section, it means that you have high arches.

Benefits of Insoles and Orthotics and How to Get Them



Even if you don't normally have pain in your feet or knees at the end of your workday, or soreness when you get up in the morning, insoles or orthotics are still worth the small cost in terms of their preventative qualities. They will give you more support and comfort and help prevent fatigue, pain or chronic injuries in the future. As noted earlier, standing and walking on concrete floors almost requires additional measures to prevent injury.

If you currently have chronic pain in your feet or knees regardless of your work environment, please see your physician immediately and you will likely be referred to a specialist or physical therapist who can more precisely diagnose your pain and provide you with the right treatment which could be just adding orthotics, or include some physical therapy to strengthen muscles and joints in the afflicted area.

For those looking for improving comfort and not dealing with chronic pain, please refer to this [comparison chart in Wikipedia](#) that lists up and compares different brands of over-the-counter products.

THE **POWER** TO MOVE YOUR WORKPLACE



For additional ways to improve the ergonomic experience of your team on the operations floor, **contact your regional rep at Newcastle Systems** to learn about solutions that will both drastically reduce footsteps and improve productivity.

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ABOUT NEWCASTLE SYSTEMS

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Loss of productivity and inefficiencies such as wasted steps to the printer on a fixed desk, inaccurate inventory counts, improper labeling, time delays, manual processing and incorrect shipments are just some of the challenges that are alleviated with a mobile powered workstation.