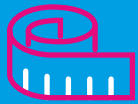


How to Care for Tired Feet & Hands

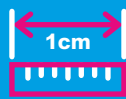
Feet

Comfortable properly fitting footwear is essential to maintaining good foot health, many minor foot problems can be resolved with properly fitted & carefully selected shoes.

TOP TIPS for selecting the right shoes



Always have both feet measured - many people have different sized feet.



Make sure there is 1cm space between the end of your longest toe & the end of the shoe.



When choosing shoes consider the width & depth of the shoe, not just the length.

What to look for

- 1 **UPPER:** A breathable fabric or leather.
- 2 **LINING:** A breathable fabric to keep the foot fresh. Linings should be seam free for maximum comfort.
- 3 **HEEL:** A wide base between 2 & 4cm high.
- 4 **SOLE:** Strong, flexible slip resistant soles with shock absorption to cushion your joints.



Relieve tired feet



STRETCH

Stop every hour or so to stretch. Try calf raises & runners stretch.



MASSAGE

Roll your foot over a tennis ball to massage the arches of your feet.



ICE BATHS

Ice water will combat the swelling & inflammation that prolonged standing creates.



ELEVATION

Propping your feet up above the rest of our body will help decrease swelling.

Hands

There is nothing more irritating & uncomfortable when you do a manual job then sore, dry, itchy, cracked raw hands.

COMBAT DRY SKIN



Cracked, split & dry hands can be avoided & relieved with the use of a good purpose-built moisturiser.

GLOVES



Wash your gloves at the end of every shift to keep the insides fresh, clean & free from sweat & dirt so bacteria & fungus doesn't have the chance to take over.

WASHING & DRYING



Wash with moisturising soap, pat your hands dry with paper towel, (not a hand dryer) & apply some moisturiser.