



Looking after your feet at work

Your choice of footwear can make a big difference in reducing your risk of injury in the workplace. The shoes you choose for work need to suit the environment, tasks, and potential contaminants. Some jobs may require a few different types of shoes, especially if you work with varying terrain, conditions and job tasks. With footwear, like any product, you get what you pay for.

Buy footwear that will do the job – you wouldn't buy a pair of thongs to run a marathon.



When purchasing footwear for work, it is important that they fit properly and are comfortable, supportive, adequate for the kind of activity you engage in within the workplace, and don't cause damage or discomfort.

The risks associated with poor footwear include the potential of slips, trips and falls. It is important to be aware of your workplace's internal policies regarding appropriate footwear. This may involve requirements for slip resistant footwear, regular maintenance of footwear, and cleaning stations provided to reduce contamination.

Following a few simple steps will greatly reduce your risk of slips, trips and falls, as well as sore and tired feet at the end of your busy work day.

'Sensible' footwear for most work tasks have these features:

- ▶ Flat and enclosed
- ▶ Well-fastened and firmly grips the foot
- ▶ Flexible, cushioned sole
- ▶ Support and grip around the heel
- ▶ Comfortable to wear all day/shift
- ▶ Sole tread suited to likely 'contaminants' without the tread becoming clogged
- ▶ Tread kept clean and in good condition

A problem a lot of people have is knowing when to give up your "favourite" shoes and move on to a new pair.

There are a few warning signs you can look for, including holes in the tread and/or fabric, broken laces, visibly worn tread, reduced comfort and sore feet at the end of your day. If you notice any of these changes it may be time for a new pair of shoes.

Some tips for purchasing new shoes

- ▶ Ensure good cushioning and support in the sole
- ▶ Sole should only bend at the toe. You shouldn't be able to roll it in to a circle
- ▶ Rigid sole with no ability to twist or 'ring out' the shoe
- ▶ Firm heel with minimal give. If you press the heel with your finger, it should not fold inward
- ▶ Soft ridge around the heel to prevent blisters
- ▶ Wide toe space – to allow toes to sit comfortably in the shoe, without feeling like they are being squashed at the end
- ▶ Good laces, zips or Velcro which keep the foot in a comfortable position
- ▶ Toes should not touch the end of your shoe – 1cm gap at the end of your longest toe
- ▶ Shop for shoes later in the day as your feet tend to swell. This will give you the best fit for normal day to day wear

If you are having trouble finding appropriate shoes that are comfortable for you, speak to your local podiatrist who may be able to determine any underlying conditions.

World Health Day – 7 April

World Health Day 2019 is a day where we focus on the need for basic health care for everyone in the world. In Australia, we are fortunate to have a high standard of health care; however there are still many countries with no access to health care at all. Others are forced to choose between health care and daily expenses such as food, water, clothing and shelter. The World Health Organisation (WHO) is focusing on universal health coverage during this year's World Health Day.

The WHO are calling to action the general public, health workers and policy makers to raise awareness of this major global issue, and join together to raise the standard of healthcare for the people who need it most.

We know that universal health coverage is possible, so let's make it happen.

Key facts



At least half of the world's population still do not have full coverage of essential health services



Ischaemic heart disease (blocked arteries) and stroke are the world's biggest killers, accounting for a combined 15.2 million deaths in 2016



About 100 million people are still being pushed into extreme poverty (defined as living on 1.90 USD or less a day) because they have to pay for health care



These diseases have been the leading cause of death globally for 15 years, and are largely preventable with good lifestyle choices

Spinach and zucchini frittata

Ingredients:
(Serves 4)

- ▶ 4 eggs
- ▶ Handful of spinach
- ▶ 1 zucchini (grated)
- ▶ 2 onions (softened with a small amount of water in a pan)
- ▶ 1 crushed clove of garlic
- ▶ 2 cups mushrooms (sliced)
- ▶ Dill
- ▶ Pinch of sea salt
- ▶ Grated feta
- ▶ Sliced tomatoes (enough to cover quiche)
- ▶ Parmesan (to taste)

Method

Combine all ingredients and place in quiche dish.

Top with tomatoes and grated parmesan and cook in moderate oven around 30 minutes.

Serve with green salad.



Lvl 3, 170 Railway Parade,
West Leederville WA 6007



(08) 9483 8888



lgiswa.com.au

The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

**Contact Renee Wockner LGIS WorkCare Services Manager,
on 9483 8826 for more information on our
health and wellbeing services.**