



How to keep your feet healthy

A guide to the anatomy of the feet, choosing shoes and accessories and caring for your feet



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Introduction

Every individual is unique. There are as many different pairs of feet as there are people, and they come in all shapes and sizes. Our feet have a job to do: over our lifetime they need to cover a distance equivalent to walking once around the earth, without using any spare parts. It is worth paying attention to your feet on a regular basis. Even simple measures will help and make the trip around the globe a little easier.

At Sievin Jalkine, we strive to ensure our footwear maximises the health of your feet. This booklet offers information about the anatomy of the feet, choosing the right footwear and accessories and caring for your feet.

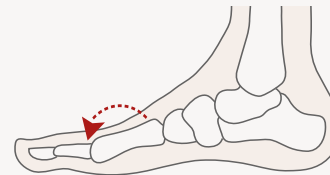
SIEVI WISHES YOU SAFE AND HEALTHY WORKING DAYS!



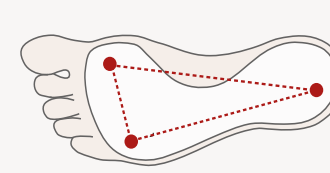
Anatomy of a foot

A FOOT HAS 26 BONES, 55 JOINTS, 107 LIGAMENTS AND 31 MUSCLES.

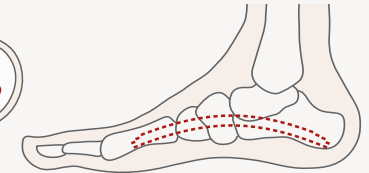
A foot has to stiffen and loosen at the right time during a step, adjust to the surface it is treading on and absorb shocks.



The transverse arch of a foot.



The arches of a foot are formed between three points, across which weight should be evenly distributed.



The medial longitudinal arch of a foot.

Anatomy of a shoe

Shoes play an important part in keeping your feet healthy – their purpose is to support, protect and carry. Feet change and reshape with age and changes in weight, which is why it is important to regularly check that your shoes fit. Feet can be high or low. Shoes matter.

You can promote foot health by caring for your feet and choosing shoes that are the right size, good quality and properly fitted. Good footwear lets feet function properly. If necessary, accessories such as socks and insoles can be used to further accommodate the needs of the feet.

Selecting the right shoes helps support the health of your feet. Regularly wearing shoes that do not fit properly or are worn out will strain joints and tissue. At first this will manifest as pain in the feet, ankles and knees, followed by the hips and back. Your actions and choices affect the health of your feet.



Shoes

THE MOST IMPORTANT ASPECT OF A SHOE IS THE SIZE, SPECIFICALLY THE LENGTH AND WIDTH

The length and width of a foot changes over the years, and these changes should be taken into consideration when buying new shoes. Always have your feet measured and shoes properly fitted. There should be a minimum of 1 cm of space between the tips of the toes and the end of the shoe.

Sievi's shoes and boots are available in two different fits: normal and XL. The XL fit is ideal for people who need footwear that is wider than normal.



Socks

THE PURPOSE OF SOCKS IS TO:

- wick moisture away from the surface of the skin
- relieve friction against the skin

Instead of cotton, we recommend synthetic fibres for socks, for example polyamide, polypropylene and polyester. The higher the percentage of synthetic fibres a sock contains, the better it can stand up to the demands of its job.

When choosing socks, consider the effect of shrinkage. The size of your socks should be larger than your shoe size.

Sievi's sock collection has been designed to meet the requirements of different uses and conditions. Our product development has focused especially on wear resistance and comfort. Sievi's socks wick moisture off the surface of the foot in a controlled way, and their seamless structure prevents abrasions. Padding and elasticity, especially in the toe and heel areas, provide added comfort.

When choosing socks, it is also important to consider the conditions they will be worn in. Sievi's sock collection offers a range of options; choose yours based on the intended use and conditions.



Insoles

THE PURPOSE OF INSOLES IS TO:

- provide a better fit
- provide shock absorption
- increase the lifespan of a shoe

If you are looking for an insole that supports the position of your foot, contact a foot care professional. They will examine your feet using various tests and recommend an insole that meets your requirements. Please note that insoles/shoe inserts must meet standard requirements. Sievi Dual Comfort Plus shoe inserts meet the requirements of both EN ISO 20345 and EN ISO 20347, as well as ESD.

Sievi insoles can also be replaced with certified orthopaedic insoles.

For more information, visit Sievi's website (sievi.com).



Sievi Dual Comfort

Sievi Dual Comfort Plus
Neutral Arch

Sievi Dual Comfort Plus
High Arch

Sievi Dual Comfort Plus
Extra High Arch



SieviSCANNER

THE SIEVISCANNER HELPS YOU TO SELECT THE RIGHT FOOTWEAR AND INSOLES

The patented SieviSCANNER measures the length and width of the foot as well as the anatomy of the arch using advanced laser-assisted scanning technology. Based on the measurements recorded, the SieviSCANNER recommends suitable shoes and anatomical insoles. All Sievi insoles are designed to be compatible with all Sievi safety and occupational shoes and boots.

SieviSCANNER measuring services are available at larger Sievi retailers. To find your local measuring site, please visit www.sievi.com



Foot care

Foot care includes maintaining good hygiene, caring for the skin, shortening nails, looking after muscular balance and wearing the right footwear. A few small things can help prevent uncomfortable ailments that can sometimes be difficult to treat. If you are concerned about something, do not hesitate to ask for advice. Never leave an issue untreated!

ARE YOU FAMILIAR WITH THESE POINTS?

- Wash your feet daily.
- You can keep sweating to a minimum by washing your feet regularly with an acidic wash solution with a pH < 5.5.
- Drying your feet thoroughly will prevent sores between toes.
- After every wash, apply a basic over-the-counter moisturising cream.
- Unpleasant odours can be tamed by treating sweating and washing and drying insoles on a regular basis.
- Work footwear should be left to dry at the end of the

- day with the insoles removed. This practice also increases the lifespan of the shoes.
- Change your socks every day.
- Dry skin is an open door for bacteria.
- Friction causes calluses.
- Do not use a foot rasp. Foot cream is sufficient for treating calluses.
- Ruptured skin between the toes can be treated by placing lamb's wool between them (available from pharmacies).

Socks and shoes that are too small put unnecessary pressure on the toes and toenails. As a result, nails can become loose or ingrown. They can even cause bunions to form.



Foot exercises

A REFRESHING EXERCISE BREAK

To counteract walking on level ground and making repetitive movements for a long time, a short exercise break of a few minutes between the busy hours of everyday life invigorates and strengthens the feet. Inside a shoe the foot is often quite passive. During your time off, walk barefoot as often as possible; this way you will exercise the small but important muscles in your feet without even noticing it.

1. Take off your shoes and sit down on a chair.
2. Lift your right leg on top of your left leg so that you can grab your right foot with both hands.
3. With your left hand, grab the heel and use your right hand to grab the ball of your foot.
4. With your right hand, press the ball of your foot towards the floor, and with your left hand, twist the heel towards your body as if you were wringing water from a towel. You can twist the heel strongly as its construction is rigid.
5. Repeat the movement, twisting the heel in the opposite direction.
6. Perform the movements for a few seconds each time for both feet.

