

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

STAND UP FOR YOUR OWN TWO FEET



Foot problems cause discomfort and can affect other parts of your body, including the legs, back, neck and shoulders. Foot health is especially important if your job involves standing, climbing, walking or carrying heavy objects.



– Tyson Allies, MS, ATC
Industrial Injury Prevention Specialist
& Special Projects Lead - Industrial Athlete Program



1

WEAR PROPERLY FITTED BOOTS OR SHOES WITH INSOLES, ONLY WEAR THEM FOR WORK AND REPLACE THEM WHEN THEY ARE WORN.



2

TO REDUCE INJURY RISK, AVOID STANDING FOR PROLONGED PERIODS ON WET, UNEVEN, SLIPPERY OR UNSTABLE SURFACES.



3

DO 30 SECOND CALF STRETCHES THROUGHOUT THE DAY AND ROLL A MASSAGE BALL FOR 30 SECONDS UNDER EACH FOOT BEFORE AND AFTER WORK.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.