

Health Fact Sheet

Keeping Feet Healthy



The working foot has a lot of demands made on it, especially if your job involves lots of walking!! Your feet takes the weight of your whole body, so foot problems can quickly lead to discomfort and affect the way you walk. To help prevent injury and for feet to function efficiently they need to be looked after and pampered!

Below are some top tips regarding how to keep feet healthy and to avoid problems occurring:

- Don't go to bed without washing your feet. If you leave visible dirt on the skin's surface, it could become irritated and infected. Always dry your feet thoroughly after washing them.
- Always trim your toenails straight across, never at an angle or down the edges as this could cause ingrown toenails.
- Remove hard skin and calluses with a pumice stone or foot file on a regular basis.
- Wear the right shoe for the job! If you are issued with safety shoes make sure you wear them. They help to prevent accidents and protect your feet and toes from injury.
- Change stockings or socks at least once a day to avoid sweaty feet! Wear breathable cotton or woollen socks which can help to keep sweat away from the skin, keeping the skin dry and reducing odour. Also choose footwear made of natural materials to allow your feet to breathe.
- If you wear heels constantly. Try to vary the heel height, between low, medium and high. By doing this it helps to prevent shortening of the calf muscle.
- Pamper your feet! Sitting with your feet up for 10 minutes after a long day will help circulation. Also massaging your feet will help to refresh aching feet!
- Your feet can mirror your general health. Don't ignore symptoms such as persistent pain or soreness. These symptoms can affect the way you walk which in turn could cause knee, hip and back pain. Seek further advice from your GP who may recommend that you visit a registered podiatrist/chiroprapist.

For more information visit:

www.nhsdirect.nhs.gov

www.direct.gov.uk

www.feetforlife.org

