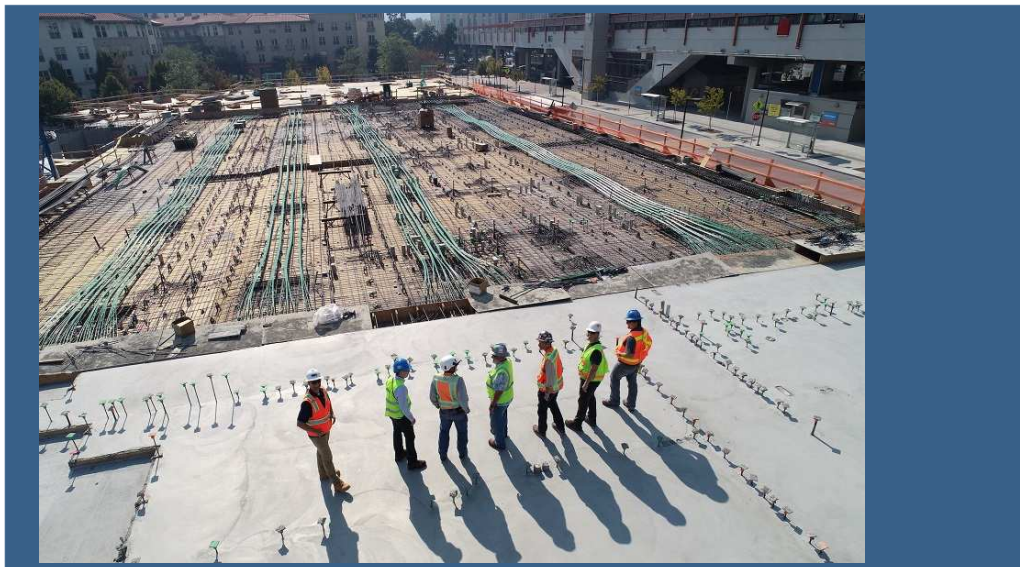


# Monthly Newsletter

Free please take a copy



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**Accepting new patients**

Contact Your Podiatrists

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## Safety Boots for Working with Tools

Safety boots are a vital component of your personal safety, especially when you are working with tools at industrial sites or even in your garage.

The foot is exposed to a number of risks in such environments, and injury can occur as a result of heavy objects falling directly on the feet, stepping on sharp objects, electric shocks, slips and falls, and mishandling of heavy-duty equipment.

Not to mention that stress or injury to feet may cause damage or pain, sometimes resulting in needing to cease the task in hand.

### What are Safety Shoes?

Generally speaking, safety shoes are a shoe with a safety toe box built inside it. Initially, this was achieved with materials made out of steel, but there's a

huge variety of safety shoes available for people who work with tools and heavy machinery.

These materials include Carbon Fibre, Composite material, and Aluminium Alloy. The shoes are tested by ASTM (American Standards for Testing and Materials) and similar regulatory bodies in other countries.

Expanding from just safety toes, safety shoes have evolved over the years with many more protective features. For instance, metatarsal guards protect the metatarsal bones, saving the foot from electric shocks and providing head and puncture resistance. Slip-resistant soles also reduce slipping hazards.



## Safety Boots for Working with Tools (Cont'd from previous page)

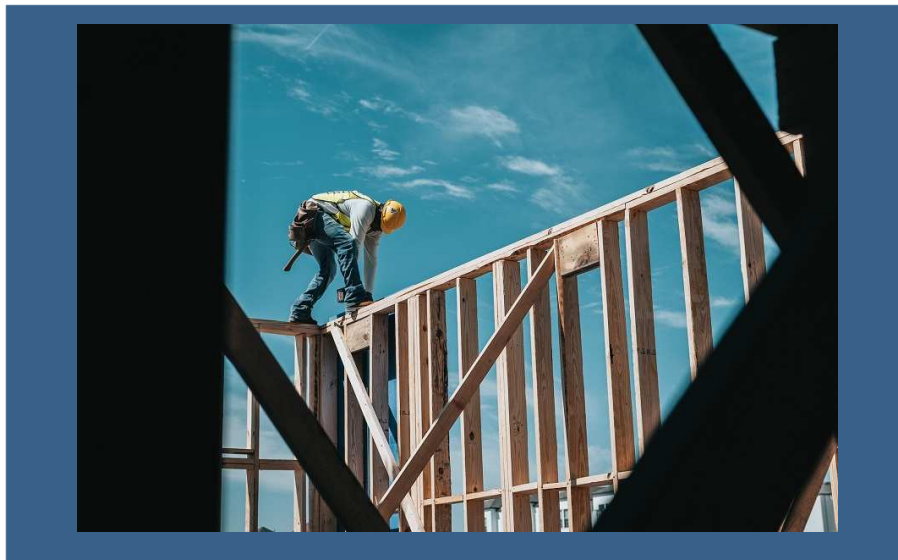
### Why Safety Shoes Are Important

Here are the top reasons why it is important to wear safety shoes when working with tools and in the construction industry.

- It protects your feet when moving and lifting heavy objects by preventing potential crush injuries
- Safety shoes have sufficient traction to prevent slips, trips, and falls. Well-fitted

safety shoes are comfortable and help maintain balance.

- For jobs that require you to stand for long periods, safety shoes help maintain posture, help provide ample cushioning and comfort, and help prevent muscle strains
- Prevention from electric shocks
- Protection against elements in logistics, construction, industrial and outdoor jobs ♦



### Cracked Heels

A cracked heel is a fairly common foot problem affecting many adults, especially in high summer or mid-winter. In many cases, the problem may be cosmetic, aesthetically displeasing to look at and gets caught up in fabrics easily. However, in some cases, cracked heels can propagate further into deep cracks and fissures which cause pain and infections. It is for this reason professional help from a Podiatrist is sought.

#### Causes of Cracked Heels

Cracked heels can have numerous causes. The most common one is dry skin due to a

lack of moisture in winter. Here are some other causes of cracked heels.

- Open shoes and bare footedness in summer
- Dermatitis and Dermatoses which can cause skin irritation and cracks
- Psoriasis
- Systemic conditions like hypothyroidism and diabetes
- Palmoplantar keratoderma
- Being overweight, and obesity
- Jobs requiring periods of standing
- Poorly-fitted shoes, open-back shoes, sandals, and shoes without proper support or cushioning

## Cracked Heels (Cont'd from previous page)

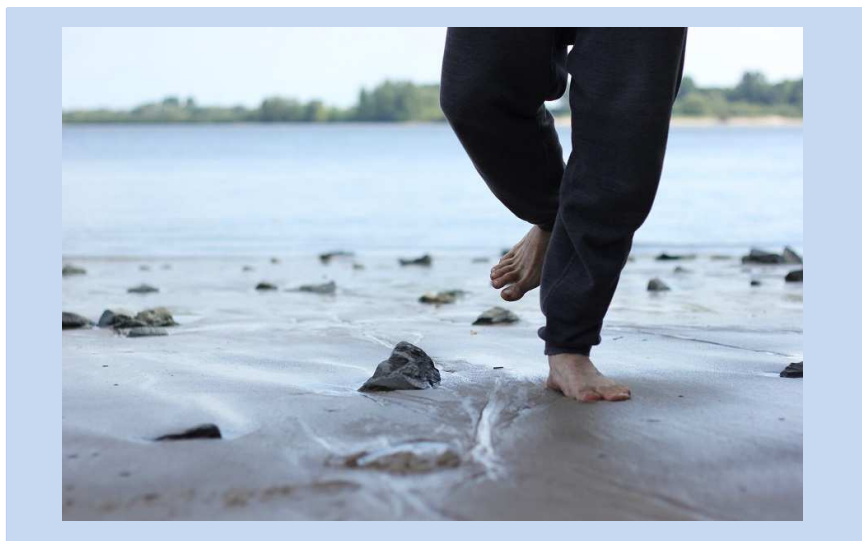
- Usage of harsh soaps or chemicals
- Long and hot baths/showers/hot tubs
- Sjogren's syndrome
- Fungal infections like Athletes' foot
- Gait and biomechanical causes of heel callus

### Signs and Symptoms of Cracked Heel

As cracked heels are pretty common, they can be easily identified as hard and dry, thickened patches of skin around the rim of the heel. The

callus can be transparent, yellow, or dark brown in colour. Dry skin may be white and scaly.

Small cracks when left untreated can become deeper and darker with time. This can lead to pain and bleeding, making it difficult to walk. Untreated cracks can lead to infection and cellulitis. People with diabetes should always seek advice from a Podiatrist for ulcers since there may



be neuropathy and/or circulatory impairment which risks ulceration.

### Treatment

Moisturising the feet is the simplest way to treat cracked heels and also prevent their propagation. If the cracked heel has advanced, certain keratolytic and water-retaining agents can be used. These include urea, saccharide isomerate, alpha-hydroxy acids, and salicylic acid. Bandages help with painful cracks and fissures. Seek professional advice from your Podiatrist for the most appropriate moisturiser for you.

For severely cracked heels, debridement is necessary. Your Podiatrist may cut away the hard and thick skin, followed by strapping and dressing and frequent use of debriding agents.

Your Podiatrist has professional and sterile tools and skills in order to professionally and gently remove the callused, dry skin. They will give you appropriate advice regarding ongoing management. ♦

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,  
Professionalism and  
Time that your feet  
deserve.*



## Welcome Stephen Prince – Senior Podiatrist

We would like to take this opportunity to welcome Stephen Prince to The Footcare Centre Team.

Stephen will be joining the team in early August and comes to us with over 25 years of experience in podiatry. His skills and special interests include Nail Surgery, high risk footcare, Podiatric diabetic complications and lower limb biomechanics.

Stephen is looking forward to helping and serving the patients of The Footcare Centre.

Appointments will be available with Stephen from Thursday 17<sup>th</sup> August and will soon be available to book online.



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Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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