

# Foot safety

## Seven good pieces of advice

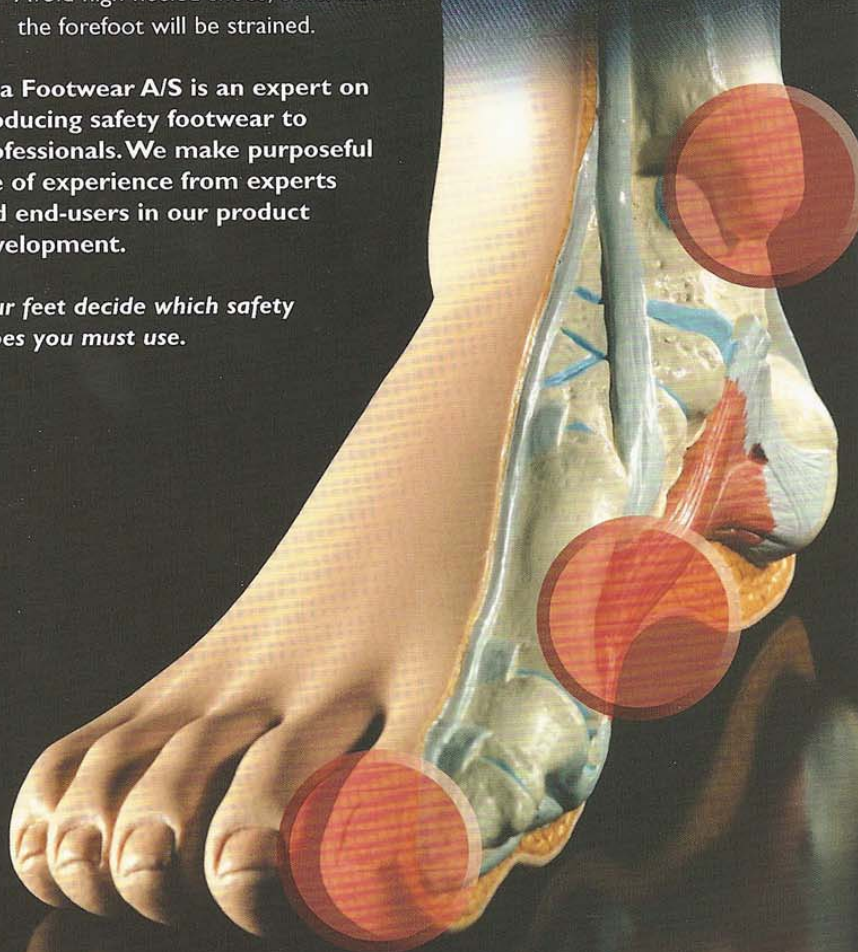
According to orthopaedic surgery many feet problems occur due to use of wrong footwear.

Therefore you will get 7 good pieces of advice:

- Use soft shoes with shock absorbing insoles
- The shoe must be big enough for you to wiggle your toes
- The shoe must be 8 mm longer than your foot
- The shoe must have a firm grip on the foot
- The heel cap must have a firm grip on the heel
- The insole must have arch support
- Avoid high-heeled shoes; otherwise the forefoot will be strained.

Sika Footwear A/S is an expert on producing safety footwear to professionals. We make purposeful use of experience from experts and end-users in our product development.

Your feet decide which safety shoes you must use.



# Certificates

The certificates are especially suitable for:

- SB Suitable for contractors, bricklayers, light industry, heavy industry and building. Pay attention to the fact that the product is either not antistatic, or has heel cap or is shock absorbing in the heel.
- S1 Suitable for light industry where a midsole is not demanded.
- S1P Suitable for light industry where a midsole is demanded.
- S2 Suitable for light industry and heavy industry where a midsole is not demanded.
- S3 Suitable for contractors, bricklayers and heavy industry where a midsole is demanded.
- S4 Suitable for light industry and heavy industry where a midsole is not demanded. Only by air- and waterproof footwear.
- S5 Suitable for contractors, bricklayers and heavy industry where a midsole is demanded.

## EN 345: Klasse S

Protection against falling objects of 200 Joule and protection against compression (15kN Newton)	SB
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Further protection is defined as:

Heat resistance up to 300° C	HRO
Anti penetration midsole, 1100 Newton	P
Electrical resistance Antistatic – between 100 kOhm and 1000 mOhm	A
Insulation from cold	CI
Shock absorption in the heel min. 20 Joule	E
Water-repellent upper shoe leg	WRU
Oil resistant outsole	ORO
Conductive footwear – sensitive electronic components are not affected or damaged by static electricity	ESD

To simplify the definitions of the footwear and make it easier for the user to choose the right footwear the abbreviations have been gathered under the following designations:

S1 = SB – A – E	Closed heel area
S2 = SB – A – WRU	Closed heel area
S3 = SB – A – E – WRU – P	Closed heel area
S1P = SB – A – E	As S1 with midsole
S4 = SB – A – E – WRU	Only boots
S5 = SB – A – E – WRU – P	Only boots

Footwear certified under EN 347 is without toe cap. The footwear is for occupational use and is worked out for the protection of the user against injuries which can occur on the working place. The footwear is marked after the same regulations as footwear certified under EN 345, where S is replaced by O

OB = Basic requirements
O1 = Basic requirements + A + E
O2 = Basic requirements + A + E + WRU