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Crown Mats release 3.9

Oh My Aching...Feet

Seven Steps to Better Shoe Selection

Fremont, OH - When it comes to work-related injuries affecting cleaning workers, the ones we hear about most often involve skin and eyes or respiratory problems caused by inhaling chemical fumes.

However, one injury that gets less attention but can be quite painful-and even health-threatening if ignored-is foot pain.

"Most cleaning workers are on their feet all the time," says Christopher Tricozzi, Vice President of Sales and Marketing for Crown Mats and Matting (<http://www.crown-mats.com>), one of the oldest matting manufacturers in the United States.

Studies indicate we spend about two-thirds of our lives walking and standing, making the feet more open to injury than any other part of the body. This is even more serious for people such as custodial workers who must stand to perform their job tasks.*

"People who stand for long periods may also suffer from fatigue and cardiovascular and musculoskeletal structure problems," adds Tricozzi.

A key way to minimize these problems is through proper shoe selection. Tricozzi offers the following suggestions for choosing the right footwear for work:

1. Measure your feet before selecting shoes, and do not rely on the size of your most recent pair of shoes.

2. Measure feet while standing.
3. Always try on both shoes and then walk around the store while wearing them; if they hurt, try another pair.
4. Do not select shoes that need a "break-in" period; shoes should be comfortable immediately.
5. Feet are seldom precisely the same size as each other; always buy for the larger foot.
6. Shop for shoes later in the day; feet tend to swell during the day.
7. Try on shoes while you are wearing the same socks/stockings you expect to wear with the shoes.

"And for those who work in factories, warehouses, or who must stand behind counters for long periods of time, installing antifatigue matting is a must," adds Tricozzi.

"More advanced antifatigue mats contain a patented material that provides extra 'bounce.' This helps absorb impact, reduces stress and strain, and minimize fatigue."

*Source: Dr. Andrea Bisaz, sports chiropractor for the Australian Olympic team

About Crown Mats and Matting

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line offered in our industry.

Crown sells matting through an extensive network of highly trained sales representatives throughout the United States and worldwide. These sales experts are familiar with the features and benefits of all matting systems and are able to help their clients find the right system for virtually any application.

