



# Built for comfort, made for work.



## LACING GUIDE



Correctly lacing work boots to the **top of the boot** provides more support to help reduce strain injury and avoid common issues such as blisters.

Our feet help us get from A to B but with every step, they're also absorbing up to twice your bodyweight in force. Any foot related issues can throw your entire body out of alignment, causing pain and discomfort.

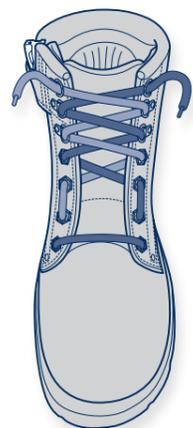
That's why it's important to have fit-for-purpose, supportive and comfortable work boots for your overall wellbeing.

### Correct Fitting Tips - Lacing

- ✓ All work boots should be laced to the top of the boot (as pictured left).
- ✓ It is recommended you check your laces and boot fit before every shift.
- ✓ This lacing guide may help with common foot problems, ensuring a better fit to provide the best protection against foot related injuries.

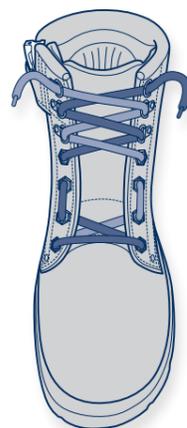
### Zip sided boots

Fasten zip first, ensuring the zip is done all the way to the top, with the zip pull tab secured under the boot Velcro tab, then lace to the **top of the boot**.



#### Wide forefoot

Gives the forefoot more space and eases pressure on the sides of the foot.



#### High instep/ Midfoot tightness

Reduces pressure in the midfoot, easing the pins and needles feeling in the instep.



#### Heel slipping/ Blisters

Keeps your heel in place and minimise slippage when using orthotics.



#### Toe pain

Eases toe pain by relieving pressure with toe cap lacing.



#### Shallow instep

Provides more support for those with a lower or, flat arch.



#### Shallow instep and narrow heel

Creates a supportive fit for the heel and ankle with the midfoot and the arch held firmly down.

Steel Blue boots are the only work boots in Australia endorsed by the **Australian Physiotherapy Association (APA)**.

Endorsed by:

