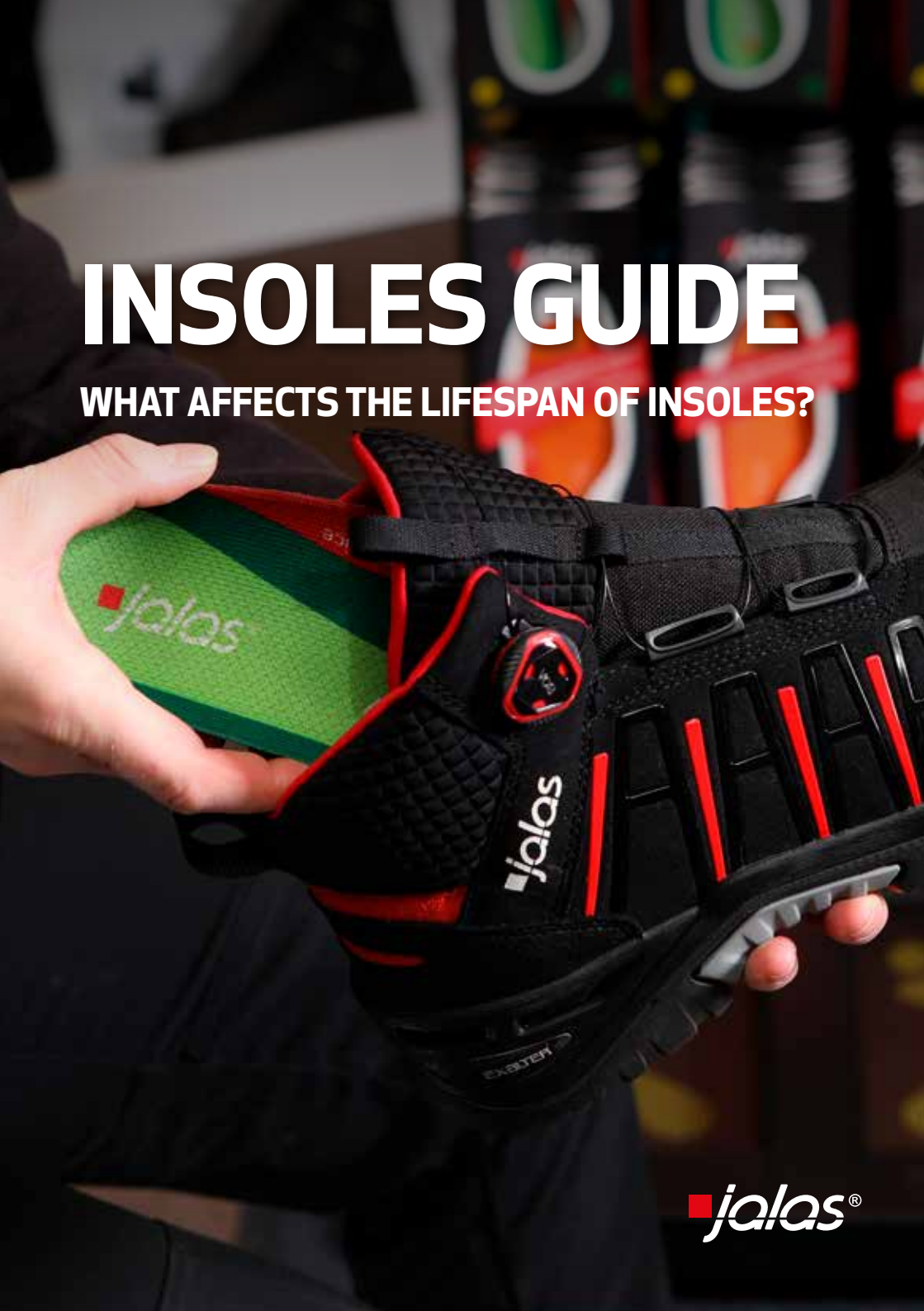
INSOLES GUIDE

WHAT AFFECTS THE LIFESPAN OF INSOLES?



jalas®

WHAT AFFECTS THE LIFESPAN OF INSOLES?

Insoles are used with shoes, so let us look at the lifetime for both products together. The average lifespan of a shoe and insole depends on:

- Amount of use
- Work environment
- Quality
- Maintenance
- User characteristics
- Accessories
- Storage

AMOUNT OF USE

There are, of course, large individual variations, but the average shoe and insole lifespan for work and casual shoes will be 1 year when used 3–4 times per week. For walking and running shoes, the lifespan will be 6 months when used 3–4 hours per week, or 3 months when used 7 hours per week.*

WORK ENVIRONMENT

The lifespan is affected by the environment in which the safety shoes with insoles are to be used. Will it be wet, dusty, dirty or hot? Will shoes and soles be exposed to sweat and abrasion? Is the ground the user is going to walk on hard or soft? Of course, the tougher the conditions, the shorter the lifespan.

QUALITY

Good quality premium shoes and insoles like JALAS® have a longer lifespan than others.

The insoles are certified and comply with the EN ISO 20345 and EN ISO 20347 regulations, in combination with all JALAS® shoes. Insoles from JALAS® are made of extra-durable materials, such as PES for lining and PORON® XRD® for impact absorption. The insoles are ESD approved.

MAINTENANCE

As a general rule, if you take care of your insoles, they will take care of you.

Extend the lifespan of your insoles by following the care instructions:

- Remove the insoles from footwear regularly to ensure drying.
- Remove dust and dirt in the shoe as soon as possible.
- Hand-wash using a mild detergent, and leave to dry naturally at room temperature (max. 30°C) on a flat surface.

USER CHARACTERISTICS

The lifespan of insoles is affected by your personal characteristics. This includes factors such as your weight, whether your feet sweat a lot or a little, whether you adopt certain postures in your work, and whether or not you pronate when walking.

ACCESSORIES – SOCKS

The third important part of your protection for the feet is the sock. Choose it carefully. You will find a complete range of socks at JALAS®. And remember that it is each part in the combination shoe-insole-sock that determines the lifespan. Buy two pairs of insoles and alternate their use, if possible.

STORAGE

Allow the shoes to dry in an airy, dry environment, at room temperature, and and do not forget to remove the insoles first.

If your feet are incorrectly supported, or slide backwards and forwards in your shoes, they can soon become incorrectly loaded, which leads to strain.

**According to the health care book "Healthy feet" 2016 ISBN 978-951-656-536-4 written by Finnish foot health professionals*

CARING FOR YOUR INSOLES

All JALAS® footwear has removable insoles. Every day, after use, remove the insoles to allow them to dry. This also helps remove moisture from inside the shoe and prevents unwanted odors from forming. Both original insoles and FSS insoles can be hand-washed using a mild detergent, and left to dry naturally at room temperature (max. 30°C). Washing insoles in a machine could cause their features to change (stability, balance, support, ESD, etc.).

WHEN IS IT TIME TO CHANGE INSOLES?

JALAS® insoles are designed to last for approximately 3–18 months, depending depending on the amount of use, work environment, activity level, body weight, etc.

After this period, the insoles begin to lose their properties and effectiveness. You can extend the service life by washing them, or by alternating usage with additional pairs.

Replacing insoles

- Must be replaced when necessary
- The best way to monitor insole wear is to visually inspect the condition
- Look for possible abrasions or splits. Dirt particles, abrasions or splits will weaken the functional properties.

Recommendations

- To prolong the lifespan of your insoles, wash them when necessary, and/or alternate their usage with another pair
- To prolong the lifespan of your safety shoes, change the insoles after every 3–8 months if:
  - » You wear them for 8 hours per day, 5 days per week
  - » You walk around 10,000 steps (or more) per day
- Bear in mind that the lifespan can also be affected by your work environment (sedentary, light, medium or heavy work), the amount of use, your activity level and your body weight, etc.

CERTIFIED INSOLES BY JALAS®

SHAPE & ARCH SUPPORT	INSOLE		SIZE	CUSHIONING	GENERAL INFORMATION
FootStopService by jalas **JALAS® FSS insoles** Specific anatomic arch support Extra heel support Control bar for extra stability Neutralizer Insole	**8709H High arch**		**34–50**	Double shock absorption zones with Poron® XRD®.	FootStop Service insole.
	8710M Medium arch		**34–50**	Double shock absorption zones with Poron® XRD®.	FootStop Service insole.
	8711L Low arch		**34–50**	Double shock absorbtion zones with Poron® XRD®.	FootStop Service insole.
Anatomic shape Improved support for the arch and heel	**8304 FX3 Soft**		**35–48**	Double shock absorption zones with Poron® XRD®.	Extra soft and comfort.
	8303 FX3 Supreme		**34–47**	Double shock absorption zones with Poron® XRD®.	Excellent shock absorption.
	8218 FX2 VIP Safety		**35–47**	Double shock absorption zones with Poron® XRD®.	Genuine leather upper.
	8202 FX2 Supreme		**35–50**	Double shock absorption zones with Poron® XRD®.	Merino wool layer for moisture absorption and comfort.
	8245 FX2 ThermAL		**34–50**	Double shock absorption zones with Poron® XRD®. Comfort Merino wool. Aluminum foil that insulates from temperature variations – cold and heat rise from the ground.	Excellent protection against cold and heat.
Neutral shape	**8104 FX2 Slim**		**35–48**	Double shock absorption zones with Poron® XRD®.	Optimal fit for shoe models with narrow last.
	8102 FX2 Pro		**35–50**	Double shock absorption zones with Poron® XRD®.	

INSOLES – ABSORB SHOCKS AND CORRECT

In order to correct the arch of the foot, different insoles are available, including ergonomic insoles and corrective cushions.

Ergonomic insole

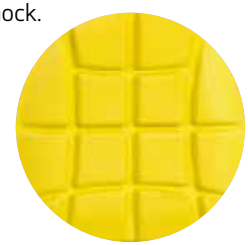
The foot arch varies from individual to individual. An insole takes pressure off the foot and corrects any deformities quickly and flexibly.

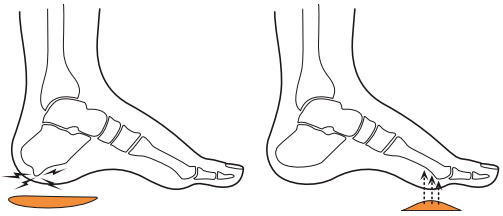
Corrective insoles

Corrective insoles act as cushions that absorb shock and provide extra support for the foot. Heel spur sole: Anatomical foot cushion with shock-absorbing material for pain under the heel (heel spurs). The foot cushion features an arch support and thick material on the heel and forefoot sections to prevent pronation, which is often the cause of strain injury. Forefoot sole: When the forefoot arch drops, the nerves in the foot become trapped. The sole is fitted with a front cushion (pad), which raises the arch.

Shock absorption

Shock-absorbing PORON® XRD® material is used under the heel and front parts of the insoles. It absorbs impacts to the heels and balls of your feet, providing you with comfortable and ergonomic support. PORON® XRD® is a high-tech material that absorbs up to 90% of impact energy, reducing pressure and shock. All JALAS® insoles have double shock absorption zones in PORON® XRD®.





PORON® XRD® in JALAS® insoles absorbs impacts to the heels and balls of your feet, providing you with comfortable and ergonomic support.

BREATHABLE SAFETY FOOTWEAR: DRY AND COMFORTABLE FEET

The prime directive of footcare is: "Thou shalt not have wet feet." Chronically sweaty feet can break down your skin, cause blisters, encourage infections, and lead to offensive foot odor. Here are the best practices for reducing sweaty feet, many of which you may not have fully considered before:

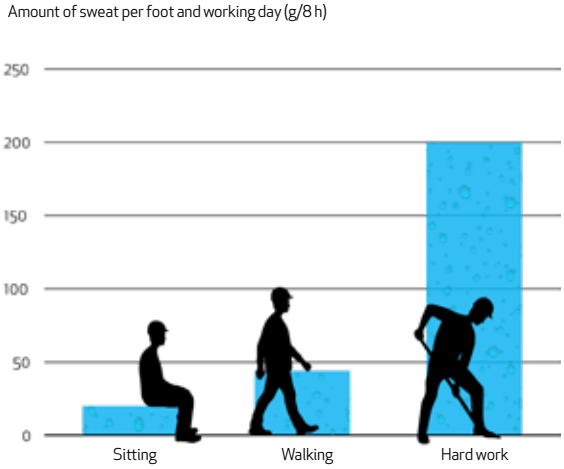
Steps to ensure safety footwear breathability

You can't just buy a breathable safety shoe or boot and expect your sweaty feet problem to be solved. To understand why, we need to do a quick review of the foot's anatomy. A foot has 125,000 sweat glands. Each foot produces 20 grams of sweat if you sit and work for eight hours, 44 grams when walking for eight hours and 200 grams while doing heavy work for eight hours. This means that, regardless of whether you are engaging in physical exersion, your feet will sweat, and they sweat more the warmer they get. Once your feet warm up, your sweat glands release tiny droplets (70 micrometers) of moisture to try to cool your feet down. What happens next to that sweat vapour is critical – and typically overlooked by employers.

The design and fit of breathable safety shoes/boots

There are dozens of high-quality breathable safety shoe and boot models available – including models that are water-resistant. Fortunately, raindrops are about 200 micrometers in size – much bigger than the 70 micrometer sweat droplets. Safety shoe manufacturers select outer materials with porosities between those values, which enables sweat to leave but prevents rain from coming in.

There are numerous other designs for making safety shoes better ventilated. Insoles can have a ventilating function. Laminates can bring different materials (with different porosities) together, with the largest porosities closest to the skin. This is why many shoes are lined with mesh materials, so moisture readily moves from the outer layer of a breathable sock out through the shoe.



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OUR VISION IS ZERO INJURIES TO HANDS AND FEET

At Ejendals, we have a long history of reducing the risk of preventable injuries to hands and feet. We've been doing it for 70 years. Carefully developed and tested in co-operation with leading experts in materials, function and ergonomics, we offer the best safety equipment. By maintaining continuous dialog with those who use our safety gloves and footwear, we know what's expected of us.

ejendals
PROTECTING HANDS AND FEET

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