

## FOOTWEAR SIZE GUIDE

Not all brands of footwear fit the same. The standard size guide below is a good indicator on what size you should wear, but there may be slight variations in sizing between different brands. Most foot problems can be prevented by wearing properly fitting footwear. Don't assume that your footwear size remains the same. The shape of your feet changes as you get older. Have both feet measured regularly as most people have one foot larger than the other. Fit to the largest foot. Always try footwear with your regular work socks. Make sure that they are laced properly. The ends of your toes should not touch the front part of the footwear. To double check the fit untie the laces and slide your forefinger down the back of the footwear behind the heel. The ends of your toes should hit the front toe part of the footwear.

<b>UK</b>	3	4	5	6	7	8	9	10	11	12	13
<b>EU</b>	35	37	38	39	41	42	43	45	46	47	48