



## Selecting the Right Socks for Safety Footwear

A pair of socks is not a simple piece of fabric which covers the foot before sliding it into a safety shoe, can make the world of difference during your day – not only from a comfort standpoint but also with regards to hygiene & Anti-static properties of the footwear. The human body has a normal temperature of 37<sup>0</sup> C. The temperature inside one's standard shoe is higher, & you can only imagine what happens when a steel-toe cap safety shoe or boot is worn in & around an industrial environment. Now, picture all of that in the heart of hot & humid Indian summer! The first image that should be flashing in your mind is a lot of sweat. The feet can perspire up to a cup (about 200ml) of sweat per day.

Now, getting back to the socks different fabrics have different properties. Some are designed to be strong and lightweight, otherwise are thicker for padded comfort. Different fabrics are used for different applications, and sometimes it just comes down to what is the cheapest, so we save on price.

## Which Material Is Best For A Sock?

The best socks help protect you from moisture from the outside & your own sweat from the inside. Moisture-fighting work socks also help stave off the bacteria & fungus that cause bad odour.

The most comfortable will always be cotton. And whilst newfound bamboo socks are making inroads, they are currently very expensive and low in demand. Then we have polyesters, polypropylene, rayons and nylons. All are suitable in their own right but best when blended.

The same applies in the industrial footwear sector, where often buyers are quick to purchase 100% cotton socks. ***But will cotton socks be best for safety footwear in light of feet, producing up to 200 ml of sweat per day - & this needs to be disposed of?*** And whilst safety boot linings are designed to be breathable, assistance is first obtained from the sock.

So, a 100% cotton sock would do a wonderful job in absorbing the sweat away from the feet but they ***become water-logged & hold all the liquid in their fibres***. You've most certainly had the feeling of taking off a wet sock at the end of the workday.

And on the other side is, a 100% polyester sock does absolutely nothing to absorb sweat & you are left simply with a wet foot & a smelly sock.

And then there is that horrible foot fungus which when exposed to this unpleasant environment (very suitable for the fungus; being dark, humid & moist), rapidly spreads to Athlete's foot/ Toe Nail Fungus ((onychomycosis). Which can worsen further, without being treated.

## The Best Industrial Sock For Safety Footwear?

This leaves us with the perfect industrial sock, which is a polycotton blend, with an antibacterial agent. The best blends are always around 2/3- 3/4<sup>th</sup> cotton heavy with the rest being polyester.

Contact the **JCB team** today to get advice on any subject related to Safety Footwear by dropping an e-mail to [info@jcbfootwear.in](mailto:info@jcbfootwear.in)