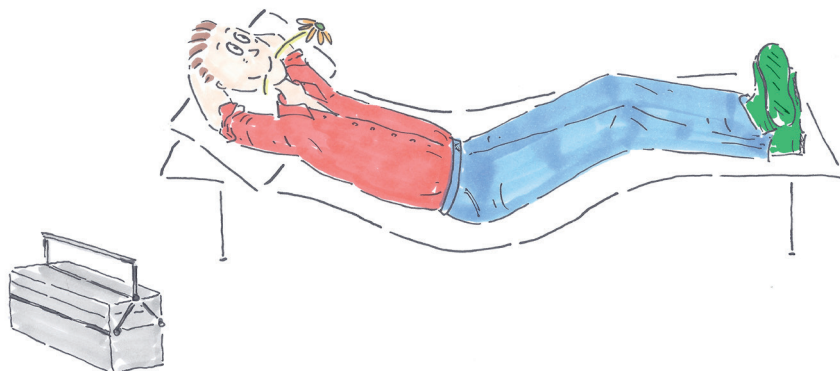





Fußgerechte **Sicherheit**

How Oskar relieves strain on his musculoskeletal system



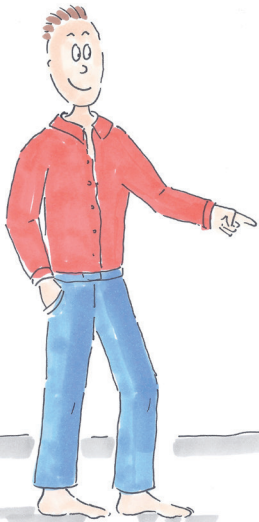
BAAK safety shoes with **go&relax** system

A wide-angle photograph of a lush green field stretching to the horizon under a clear, bright blue sky. The field is filled with dense, vibrant green grass. The sky is a uniform, clear blue, occupying the upper half of the frame. The horizon line is perfectly straight and divides the image into two equal halves.

Texts: Baak GmbH & Co. KG • Drawings: Brigitte Seibold, www.prozessbilder.de
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①

This is Oskar...



... and his feet
look like this !



2

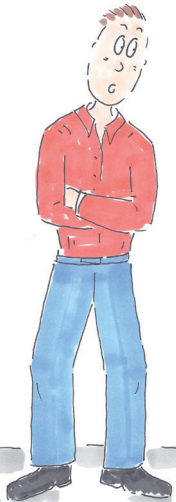
When Oskar walks bare-foot ,



...his feet bend
in a natural way.

3

But Oskar wears safety shoes!

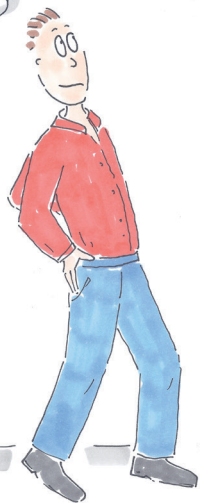


This means...



4

Ouch!



These shoes force
your feet to bend
unnaturally

An unequal load
with every step

Negative effects
on the whole body

5

Actually, the solution
is very simple ...



...and not the other
way round !

6

natural
bending
line



Optimally fitting
BAAK[®]-flex-cap
or -flex-bow

Optimally fitting
BAAK[®]-flex zone
in the sole



7



BAAK[®] - flex cap*
and flex zone together
enable the foot
to bend naturally
in BAAK[®] safety shoes!

* or BAAK[®]-flex bow

⑧

With the
BAAK[®] go&relax system
Oskar can walk for miles...



healthy and safely
and very relaxed !

A recommendable
addition to company
health management



Fußgerechte **Sicherheit**

Rethink safety shoes!



A lot of movement, strong muscles – A totally new concept of safetyshoes!

The times when feet in safety shoes were forced into unnatural movements and physical inactivity should be over now.



Relieve the musculoskeletal system.

Due to the unnatural form of common toe protection caps, the feet bend in an unnatural way in the section of the basic toe joints, with every step. In addition, most of the existing outsoles are stiff like a plaster cast. This limits the movement of the basic toe joints. The load during walking is not distributed optimally. The musculature, sinews and bands of the feet are more or less deactivated. The muscles of the feet are weakened, if they were not used. The consequences are negative for the dynamic of the foot and the whole statics. A shoe should always allow a foot to do what it wants to do by nature. For wearers of safety shoes who wear their shoes for many hours every day, a natural and functional foot roll is very important. Safety shoes with the Baak®**go&reLax** system are a recommendable addition to the company health management.

“A natural and functional foot roll in the shoe makes a contribution to the health of the foot, muscles and joints. It releases the whole musculoskeletal system.”

Prof. Gert-Peter Brüggemann, one of the world's leading biomechanics. He is involved to a large extent in the development of the Baak®**go&reLax**-System.

Occupational safety and company health management belong together!

Work should be fun – also for the feet!

You as an expert know that the aspect of health plays an essential role, especially for safety shoe wearers. Therefore, we develop foot-fitting shoes, in order to increase the wear comfort and relieve pressure on the musculoskeletal system.

In the past, occupational safety was mainly concerned with avoiding dangers and reducing risks. Today, the strengthening of the employees' health is becoming more and more important.



Ingo Grusa
Safety shoe expert and
General Manager

Company health management is a modern business strategy and gives benefit to both employees and companies.

Employees want to stay healthy and feel good, companies want to remain successful in the competition with healthy and efficient employees.

Safety shoes with the Baak®*go&relax* system

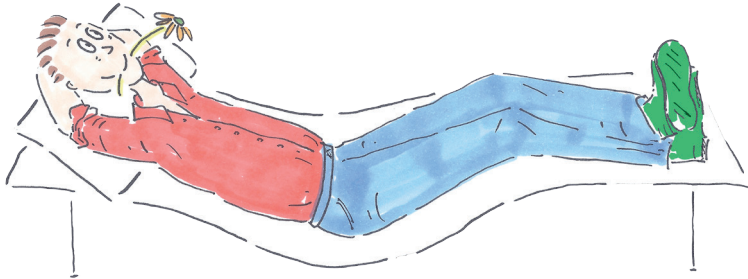
A benefit for both!

Health-maintaining and incredibly comfortable!

Complement your company health management usefully.

Contact us: kontakt@baak.de

I just feel good!



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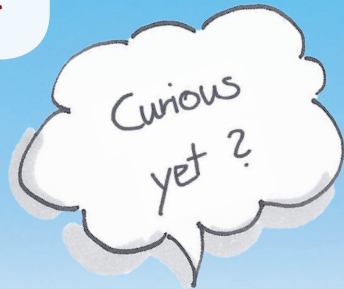
To the film



Oskar explains the
Baak®go&relax system



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