

Simply better walking.
Safety shoes with BAAK® go&relax system

PROTECBASE

## Safety shoes with BAAK® go & relax system

This unique system offers the possibility for feet to move in a natural and functional way even in safety shoes. Thus, walking is very convenient and the feet, muscles and joints stay fit and powerful. This relieves the whole musculoskeletal system. Safety shoes with the Baak® go&relax system are a recommendable addition to company health management.





For more info, see pages 6/7 and 76/77

## Our grades shown next to the products will give you an orientation!





Safety shoes
with the Baak® go&relax system
and a special width concept

- These shoes have our usual good fit.
- They allow the feet to move in a natural and functional way.
- In addition, they have a special width concept.
- The feet, muscles and joints stay fit. That relieves pressure on the entire musculoskeletal system.









Normal safety shoes

- These shoes have our usual good fit.
- They allow the feet to move in a natural and functional way.
- The feet, muscles and joints stay fit. That relieves pressure on the entire musculoskeletal system.

These shoes have our usual good fit.

9	BAAK Unity go @relax For health-conscious people
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## All details online!



Scan the QR code next to the product in order to get the data sheet

#### **BAAK Know-How** For you – healthy and safe

For dog lovers

For our shoes

**BAAK Accessories** 

**BAAK Product range** For your overview





"Safety shoes have to guarantee the necessary protection, but they should hinder the natural foot movement as little as possible."

Prof. Dr. Gert-Peter Brüggemann

Baak is the only manufacturer of foot-fitting safety shoes. Foot-fitting safety shoes not just consider the form of the foot but also enable the natural and functional foot movement, thanks to the unique Baak® go&relax system. Thus, walking is very comfortable and feet, muscles and joints stay fit and powerful.

This relieves the entire musculoskeletal system and contributes, besides the necessary protection, to a long-term health maintenance.

5 good reasons for safety shoes with the Baak® go&relax system

- Super comfortable thanks to the natural movement of the foot
- Knee- and back-friendly scientifically evaluated
- Not just protect but keep healthy in the long run
- Useful addition to company health management
- A benefit for both: the company and the employee

With this system we have a holistic concept and emphasize the importance of health. Thus, we have achieved a valuable step toward the future.

Dipl.-Ing. Ingo Grusa

ngu Jusa

General Manager

# What do a gear box and your feet have in common?

When you drive your car, you start in the 1st gear. Why should it be different when you walk in safety shoes?

Like you keep upshifting from the 1st to the highest gear when you drive your car, the foot rolls over from the little to the big toe naturally when you walk barefoot.

But what happens with common safety shoes?

Due to their straight toe protection caps and their outsoles which are too stiff, only the big toe and the two toes next to it are involved in the rolling movement as a result of the unnatural bending line of the shoes. The two small outer toes are hardly involved. This means that load is distributed unequally over the feet, muscles and joints with every step. The entire musculoskeletal system may suffer from this.

In the same way, you would expose your car to loads improperly if you started in the high gears and disregarded the lower gears. But your car simply wouldn't allow this! You can't start in the high gears at all, can you? Your car is smart: As it also involves the low gears, the expenditure of energy is reduced considerably, the efficiency is increased and punctual overloading is avoided through an optimal distribution over all gears.

The unique Baak® go&relax system for safety shoes does nothing else. With this system, all five toes are included in the rolling movement again. So while walking, the load is distributed optimally over all muscles and joints involved. It consists of the Baak® flex cap and the Baak® flex zone in the outsole, both of which are optimally suited to the foot. Only with this unique combination, safety shoes allow the feet to move in a natural and functional way.

The feet, muscles and joints stay fit. That relieves pressure on the entire musculoskeletal system and helps those who wear safety shoes stay healthy in the long term.

If you make sure your car stays in good condition – you should do even more for your feet!







for more info, see pages up to 76

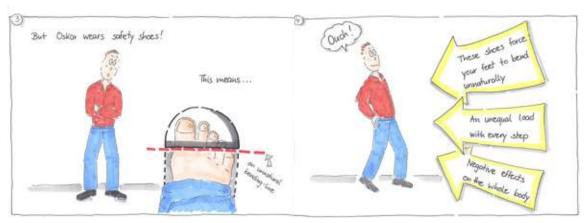


This is how it works: Safety shoes with the Baak® go&relax system are marked with this logo.

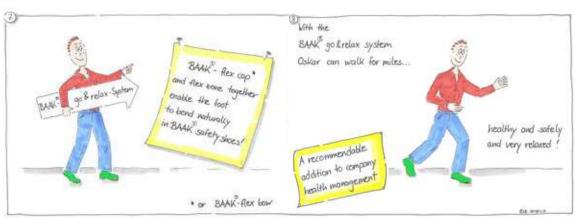


## The Baak®go@relax system











# BAAK Unity go@relax



## For health-conscious people

#### The health expert

Relieve pressure on your musculoskeletal system. With the unique Baak® go&relax system, your feet, muscles and joints will stay fit.

Avoid pressure marks and foot ache. With the smart Baak® multi-width system, the shoe adjusts to your feet automatically.

Minimize the risk of falling or twisting your ankle with the patentpending Baak® fitting system. With its insertable fitting elements, it closes the gap between your foot and your shoe. That gives your foot perfect stability and a safe tread - adjusted to your individual needs.

Baak Unity: The indoor custom shoe that you can buy off the rack.



#### Flex zone

Flex zone enabling optimal bending with a natural and functional movement of the foot



#### Stabilizing straps

The stabilizing straps give the foot the necessary stability exactly where it is needed.

#### Aluminium flex cap

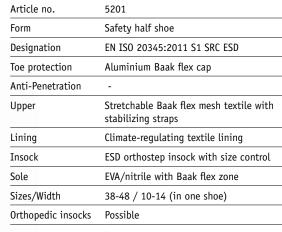
Toe protection through a particularly lightweight aluminium Baak flex cap that supports the optimal bending of the foot

Patented system enabling you to adjust the shoe individually to the height of your foot arch.

## Optimus blue



















Baak® multi-width system Extra wide stepping surface

Baak® fitting system

## **Optimus Stone**









Article no.	5212
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Stretchable Baak flex mesh textile with stabilizing straps
Lining	Climate-regulating textile lining
Insock	ESD orthostep insock with size control
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	38-48 / 10-14 (in one shoe)
Orthopedic insocks	Possible
	·













Size control on insock Baak® multi-width system Extra wide stepping surface

## The Health Concept

#### Relieve the musculoskeletal system!

Due to the unique Baak® go&relax system, the foot can move in a natural way with every step. Thus, the load will be distributed on all needed muscles and joints in an optimal way.

The feet, muscles and joints stay fit and powerful.

This relieves the whole musculoskeletal system.

#### Avoid pressure marks!

Thanks to the clever Baak® multi-width system, the Baak® Unity adjusts automatically to wider or slimmer feet. The feet keep their individual form and will not be corseted in an unnatural way – perfect for pain-sensitive feet.

Pressure marks and foot pain will be avoided - very simply!

#### Minimize the risk of falling and sprained ankles!

With the patent pending Baak® fitting system, the Baak® Unity closes the gap between the foot and the safety shoe individually.

So the foot has a perfect hold and a safe step.

This minimizes the risk of falling and sprained ankles.

You can ask for a detailed description of the Baak Unity range, or you will find it in the download area on www.baak.de/en/



The Baak® go&relax system



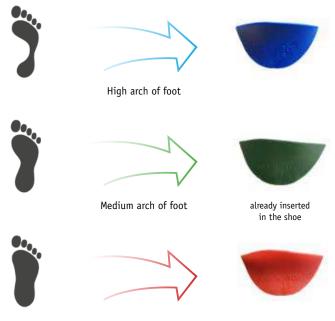
The Baak® multiwidth system



The patented Baak® fitting system

## **Determining fitting elements**

For a high or flat arch of foot please remove the green fitting element from the shoes and replace it by the blue or red one. The fitting elements are marked with (R+L) for the right and left shoe. Their position is movable individually. In every shoe box you will find a set for foot type determination.



Flat arch of foot

A detailed instruction you will find on www.baak.de/en/



The pocket for the fitting element is protected by a water repellent zipper.



# BAAK Ultralight go&relax DD >>

## For all those who like to walk even more easily

#### Almost like barefoot, but safer

With these ultralight safety shoes you have the feeling of walking nearly barefoot and being protected at the same time.

Relieve your musculoskeletal system. Thanks to the unique Baak® qo&relax system, the feet, muscles and joints stay fit and powerful.

Due to the new sole technology with a higher reset force and the full-surface damping, walking and standing on hard floors is even more comfortable.



#### Flex zone

Flex zone for a foot-conform bending and a natural, functional movement of the foot.



#### Nano-fiberglass flex cap

Toe protection with metal-free ultralight fiberglass flex cap of the latest generation, which supports a foot-conform bending. additional safety.

#### Conner









Full-surface damping Metal- and leather-free

Vory broatbable



Steep heel







Article no.	5002
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1 SRC ESD
Toe protection	Nano-fiberglass-flex cap
Anti-Penetration	-
Upper	Breathable textile material in combination with abrasion-resistant CPU application
Lining	Climate-regulating textile with breathable windows construction
Insock	Light Baak Lightstep-insock with full surface perforation for a healthy foot climate
Sole	LIEVA/nitrile (liquid injected EVA) with Baak flex zone in the ball section
Size / Width	39-48 / 11
Orthopedic insocks	Possible



















Full-surface damping

Very breathable



## Chris







Article no.	5003
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Nano-fiberglass-flex cap
Anti-Penetration	Non-metallic flexible insole
Upper	Breathable textile material in combination with abrasion-resistant CPU application
Lining	Climate-regulating textile with breathable windows construction
Insock	Light Baak Lightstep-insock with full surface perforation for a healthy foot climate
Sole	LIEVA/nitrile (liquid injected EVA) with Baak flex zone in the ball section
Size / Width	39-48 / 11
Orthopedic insocks	Possible















Steep heel







Article no.	5004
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Nano-fiberglass-flex cap
Anti-Penetration	Non-metallic flexible insole
Upper	Breathable textile material in combination with abrasion-resistant CPU application
Lining	Climate-regulating textile with breathable windows construction
Insock	Light Baak Lightstep-insock with full surface perforation for a healthy foot climate
Sole	LIEVA/nitrile (liquid injected EVA) with Baak flex zone in the ball section
Size / Width	39-48 / 11
Orthopedic insocks	Possible



















## Captain Jogi







Article no.	5080
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Nano-fiberglass-flex cap
Anti-Penetration	Non-metallic flexible insole
Upper	Breathable textile with nylon parts, BOA®-closing-system
Lining	Climate regulating textile
Insock	Light Baak Lightstep-insock with full surface perforation for a healthy foot climate
Sole	LIEVA/nitrile (liquid injected EVA) with Baak flex zone in the ball section
Size / Width	39-48 / 11
Orthopedic insocks	Possible

















Full-surface damping



BOA®-quick fastener

## Captain John









Article no.	5082
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Nano-fiberglass-flex cap
Anti-Penetration	Non-metallic flexible insole
Upper	Breathable textile with nylon parts, BOA®-closing-system
Lining	Climate regulating textile
Insock	Light Baak Lightstep-insock with full surface perforation for a healthy foot climate
Sole	LIEVA/nitrile (liquid injected EVA) with Baak flex zone in the ball section
Size / Width	39-48 / 11
Orthopedic insocks	Possible



















## Advantages of the Boa® locking system

The Boa® locking system improves the function and fit of your Baak safety shoe. So you are perfectly equipped for every challenge.

PERFECT FIT – Individual comfort without pressure marks thanks to customized cable guides, which enable an equal pressure distribution.

FINE-TUNING - 1 CLICK = 1 MM - With one hand you can adjust the Boa® locking system easily and with millimeter precision.

QUICK- The Boa® locking system enables you to put on and take off the shoe quickly and easily.

SAFE – Once adjusted, the fit will not change.

DURABLE - Boa® cables resist the highest stress.

THE PARTS OF THE SYSTEM

Boa® TURN-LOCK - The Boa® turn-lock is the core of the system. Click by click it enables a simple and precise adjustment - with millimeter precision.

Boa® CABLE GUIDES - Customized cable guides with minimal friction harmonize perfectly with the cable and ensure an ideal pressure distribution.

Boa® CABLE - Selected specifically for its particular fields of application and tested in laboratory and practice, the Boa® cable survives every shoe and boot.



Press for locking

Pull for opening

Press for locking



Turn for tightening



Turn for tightening



## An alternative extra insock for free

Besides the standard Lightstep insock, all styles of the BAAK Ultralight range are additionally certified with the known ESD softstep insock. A free insock is supplied with every pair of the Ultralight range and can be replaced individually.











# BAAK Sports light go@relax



## For all those who like light, metal-free shoes

#### The metal-free lightweights

Microfiber with textile inserts

Breathable, robust high-tech

textile uppers. Leather-free

Relieve pressure on your musculoskeletal system. With the unique Baak® go&relax system, your feet, muscles and joints will stay fit. Thanks to the light weight of the shoe, you will reduce your effort and expenditure of energy considerably.

Walking and standing becomes especially comfortable with the shoe's all-over damping. You will feel the advantages of this light, metal-free shoe on hard floors in particular. Some of its models are even available in sizes up to 50.



#### Flex zone

Flex zone enabling optimal bending with a natural and functional movement of the foot



#### Composite flex cap

Toe protection through a metal-free composite Baak flex cap that supports the optimal bending of the foot

Lightweight EVA/nitrile sole with high slip resistance (SRC) and all-over damping

## Rick 2







Article no.	71462
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and mesh material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-50 / 12
Orthopedic insocks	Possible











Metal- and leather-free

### Ron 2







Article no.	71472
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and mesh material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-48 / 12
Orthopedic insocks	Possible













Lightweight

## Rene 2







Article no.	72112
Form	Safety sandal
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and mesh material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-50 / 12
Orthopedic insocks	Possible











Lightweight

## Rico 2







	And the second
Article no.	74112
Form	Safety sandal
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and mesh material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-48 / 12
Orthopedic insocks	Possible













Hook-and-loop fastener

#### Red







Article no.	71502
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and textile material in net-structure
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-48 / 12
Orthopedic insocks	Possible



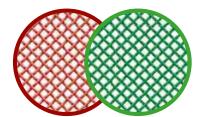








etal- and leather-free



very breathable thanks to ventilation slots in the upper



















Metal- and leather-free

## Rob 2







Article no.	73442
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Cow nubuck leather
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-50 / 12
Orthopedic insocks	Possible











Lightweight

### Robert 2







	EXTRACT
Article no.	73742
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Composite Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Cow nubuck leather
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	EVA/nitrile with Baak flex zone
Sizes/Width	36-40 / 10,5 and 41-50 / 12
Orthopedic insocks	Possible













Metal-free Lightweight

# BAAK Industrial go@relax



## For normal-width and extra-wide feet

#### The all-rounders

Relieve pressure on your musculoskeletal system. With the unique Baak® go&relax system, your feet, muscles and joints will stay fit.

Avoid pressure marks and foot ache and choose between two different widths for your safety shoe. You will always find a shoe that fits you, even up to size 50.



#### Flex zone

Flex zone enabling optimal bending with a natural and functional movement of the foot

## Quick-release and hook-and-loop fastener combined

Comfortable fastening system offering additional safety through the hookand-loop fastener for the strap



#### Perforated microfiber material

Perforated, light shaft design

#### Aluminium flex cap

Toe protection through a particularly lightweight aluminium Baak flex cap that supports the optimal bending of the foot. The cap of the XW design is 8 mm wider.

#### Two-width system

normal and extra-wide fit, which are not only different in the last but also in the width of the sole and cap

## Herby







Article no.	7008 N / 7008 XW
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1 SRC ESD
Toe protection	Aluminium BAAK Flex cap
Anti-Penetration	-
Upper	Microfiber and textile material in net-structure
Lining	Climate-regulating textile with breathable windows construction
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non marking
Size / Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible













Very breathable







Article no.	7228 N / 7228 XW
Form	Sicherheits-Sandale
Designation	EN ISO 20345:2011 S1 SRC ESD
Toe protection	Aluminium BAAK Flex cap
Anti-Penetration	-
Upper	Microfiber and textile material in net-structure
Lining	Climate-regulating textile with breathable windows construction
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non marking
Size / Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible
	-









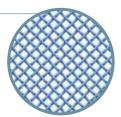


Double hook and loop fastener

#### Very breathable

Upper with ventilation slot for a better breathability



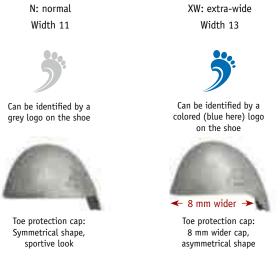


Ventilation slot

#### The real two-width system by BAAK

The Baak models with the extra-wide design are different from the normal-width shoes not only in their more voluminous last – many of their parts are different, from the sole to the cap, making them optimally suited for wider feet.

- » A wider XW sole so that wider feet have enough space to rest on the sole.
- » A broader and wider last for more volume.
- » An 8 mm wider toe protection cap giving far more space to wider feet.
- » A slightly asymmetrical cap providing more space, especially for the big toe.





More info on pages 78/79

## Henk







Article no.	7007 N / 7007 XW
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Perforated microfiber material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Sizes/Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible











Additional laces included

Leather-free











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Article no.	7227 N / 7227 XW
Form	Safety sandal
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Perforated microfiber material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Sizes/Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible













Double hook-and-loop fastener

Two widths Leather-free

#### Hendrik







Article no.	7337 N / 7337 XW
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Perforated microfiber material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Sizes/Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible













Elastic lacing with quick fastener

Additional laces included

Two widths

#### The real two-width system by BAAK

The Baak models with the extra-wide design are different from the normal-width shoes not only in their more voluminous last – many of their parts are different, from the sole to the cap, making them optimally suited for wider feet.

- » A wider XW sole so that wider feet have enough space to rest on the sole.
- » A broader and wider last for more volume.
- » An 8 mm wider toe protection cap giving far more space to wider feet.
- » A slightly asymmetrical cap providing more space, especially for the big toe.





Can be identified by a grey logo on the shoe



Toe protection cap: Symmetrical shape, sportive look

XW: extra-wide Width 13



Can be identified by a red logo on the shoe



Toe protection cap: 8 mm wider cap, asymmetrical shape

More info on pages 78/79

# Also available in width XW, red logo.

## Harris





Article no.	7214 N / 7214 XW
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Smooth leather
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Sizes/Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible













Two widths

without seams at the sides

#### Harrison







Article no.	7316 N / 7316 XW
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Aluminium Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Smooth leather
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Sizes/Width	36N - 47N / 11 39XW - 50XW / 13
Orthopedic insocks	Possible













#### **Protective overcap**

The pulled-up PU sole by Harris and Harrison offers additional protection of the leather during work on construction sites. For those working on their knees, e.g. in industry, it also extends the durability of the shoe effectively.



#### The real two-width system by BAAK

The Baak models with the extra-wide design are different from the normal-width shoes not only in their more voluminous last – many of their parts are different, from the sole to the cap, making them optimally suited for wider feet.

- » A wider XW sole so that wider feet have enough space to rest on the sole.
- » A broader and wider last for more volume.
- » An 8 mm wider toe protection cap giving far more space to wider feet.
- » A slightly asymmetrical cap providing more space, especially for the big toe.

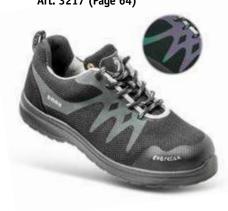


More info on pages 78/79





#### also available as woman modell Stacy Art. 3217 (Page 64)



#### Hector





Article no.	5401
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1 SRC ESD
Toe protection	Alumimium BAAK-Flex cap
Anti-Penetration	-
Upper	Breathable textile material with reflecting PU-applikation
Lining	Climate regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU-Sole with Baak flex zone
Size / Width	38-48 / 11
Orthopedic insocks	Possible
-	















# **BAAK Sports exclusive**



## For all those who like a chic and sportive style

#### The sportive ones

This shoe will impress you and others with its expressive sportive design and its top-quality workmanship. Walking and standing becomes especially comfortable with the shoe's all-over damping. Experience its excellent fit that perfectly suits feet of many different shapes.



## Jogi







Article no.	7540
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and nylon textile
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Size / Width	38-48 / 11+
Orthopedic insocks	Possible











Optimal full-surface damping ESD climate class 1

Leather-free

## John







Article no.	7542
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and nylon textile
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Size/Width	38-48 / 11+
Orthopedic insocks	Possible











ESD climate class 1

#### **ESD climate classes**

ESD shoes fulfil the requirements according to EN 61340-5-1. The electronic discharge resistance is between 1 x 105 ohms and 3.5 x 107 ohms. The electrostatic charge and discharge depend strongly on the air humidity and thus on the specific climate at the location. The standard distinguishes 3 climate categories. They indicate at which level of air humidity the requirement of ESD shoes are fulfilled. Usually, tests are made at a 50% air humidity. But there are more sensitive areas of application, where ESD requirements have to be fulfilled at a lower level of air humidity.

Climate class 3 = ESD requirements fulfilled at a 50% air humidity

Climate class 2 = ESD requirements fulfilled at a 25% air humidity

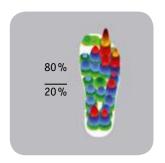
Climate class 1 = ESD requirements fulfilled at a 12% air humidity

The Baak assortment offers some styles which fulfil the criteria for climate class 1 (range "Baak Sports exclusive").

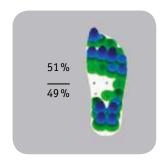
#### **Footprint measurement**

With electronic footprint measurement (pedography), the pressure load under the foot during the natural rolling movement – from the heel over the outer ball and the inner ball to the big toe – is shown in different colours.

Green and blue stand for a low pressure load and red and yellow for a high one. The lower the pressure load, the more pressure is relieved from the entire musculoskeletal system.



Common safety shoe, high pressure load



Baak Sports exclusive, perfect shock absorption and pressure distribution, recommended by orthopedic technicians

For more info, see page 80

### Joe







Article no.	7533
Form	Safety half shoe open
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and 3D-Mesh textile
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Sizes/Width	38-48 / 11+
Orthopedic insocks	Possible











Optimal full-surface damping ESD climate class 1

Leather-free

### Jens







	CIX DAMANES
Article no.	7531
Form	Safety half shoe open
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber and 3D-Mesh textile
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Sizes/Width	38-48 / 11+
Orthopedic insocks	Possible









Optimal full-surface damping ESD climate class 1

Leather-free

### Jerry







Article no.	7547
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Mesh material and PU net structure
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Sizes/Width	39-48 / 11+
Orthopedic insocks	Possible











Optimal full-surface damping

Seamless construction

### Jim







	(E1)(20)(84)(42)
Article no.	7548
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P HRO SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Mesh material and PU net structure
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile
Sizes/Width	38-48 / 11+
Orthopedic insocks	Possible







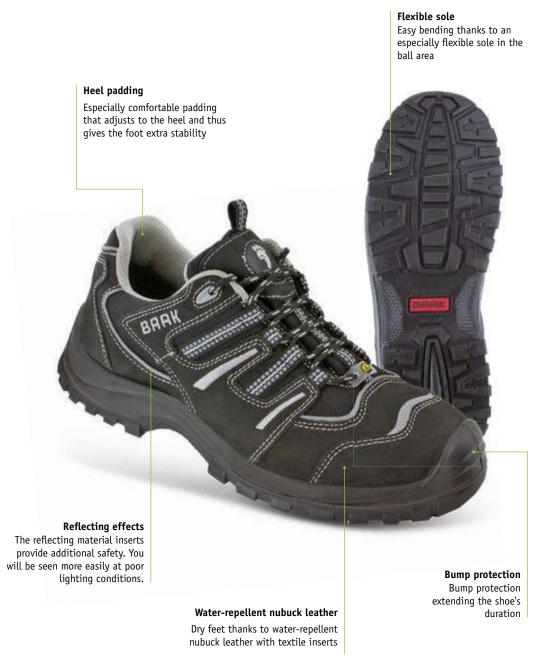


Optimal full-surface damping

Seamless construction

# **BAAK Sports**





### Paul







Article no.	7003
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Cow suede leather and textile
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with flex-line for an easy bending, non-marking
Sizes/Width	38-50 / 11
Orthopedic insocks	Possible









Reflective applications Very flexible

Up to size 50

### Pit







	CT DESPES 11-71
Article no.	7013
Form	Safety sandal
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Cow suede leather and textile
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with flex-line for an easy bending, non-marking
Sizes/Width	38-50 / 11
Orthopedic insocks	Possible









Quick fastener

Up to size 50

### Peter







Article no.	7204
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Nubuck leather and textile
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with flex-line for an easy bending, non-marking
Sizes/Width	38-50 / 11
Orthopedic insocks	Possible









Reflective applications

Very flexible

Up to size 50

### Philipp







	EDATAGENEE
Article no.	7304
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Nubuck leather and textile
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with flex-line for an easy bending, non-marking
Sizes/Width	38-50 /11
Orthopedic insocks	Possible









Reflective applications

Very flexible
Up to size 50



# **BAAK Industrial**

### 3

### For price-conscious buyers

#### The functional ones

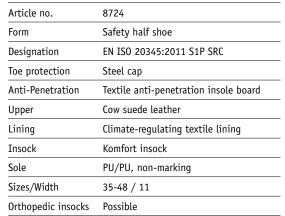
Take advantage of the interesting alternative in the low-price segment, with which you can even use orthopedic insocks.



### Hugo















Reflective applications



### Henry







Article no.	8424
Form	Safety sandal
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Cow suede leather
Lining	Climate-regulating textile lining
Insock	Komfort insock
Sole	PU/PU, non-marking
Sizes/Width	37-48 / 11
Orthopedic insocks	Possible







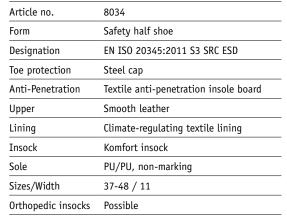


Reflective applications

### Heiko















Without seams at the sides

Heel stabilizer

Leather tongue









	Ellower-read
Article no.	8234
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Smooth leather
Lining	Climate-regulating textile lining
Insock	Komfort insock
Sole	PU/PU, non-marking
Sizes/Width	37-48 / 11
Orthopedic insocks	Possible









Without seams at the sides

Heel stabilizer
Leather tongue



# **BAAK Bau**



### For hard work on construction sites

#### The construction site experts

Here you can find your penetration-resistant construction site shoe that fits your individual needs.



#### Board lasted style

Made according to traditional shoemaking techniques. This ensures a permanently good fit as well as high stability in the forefoot area.

### Bob







Article no.	6383
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Climate-regulating Cambrelle® lining
Insock	Softstep insock
Sole	EVA/nitrile with 5mm lug tread
Sizes/Width	39-47 / 11+
Orthopedic insocks	Possible





Protection against twisted ankles through safety system

Double nitrile overcap

Full-surface damping









Article no.	6683
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Climate-regulating Cambrelle® lining
Insock	Softstep insock
Sole	EVA/nitrile with 5mm lug tread
Sizes/Width	39-47 / 11+
Orthopedic insocks	Possible





Protection against twisted ankles through safety system

Double nitrile overcap

Full-surface damping



Robust nitrile shell sole with shock-absorbing EVA core

#### Special feature of Big Barney:

Our robust nitrile shell sole for hardest use, not only for construction.

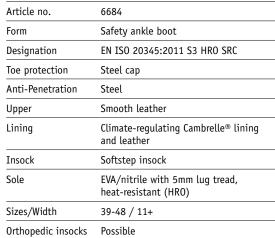
The heat-resistant Baak nitrile shell sole stands for highest resistance to mechanical stress and to aggressive materials (concrete, cement, chemical products).

The soft and elastic comfort core in the inner sole fulfills the highest requirements on an optimized damping for relaxed muscles.

### **Big Barney**















Protection against twisted ankles through safety system

Double nitrile overcap

Full-surface damping

Special sole



### Bert







Article no.	8334
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Climate-regulating textile lining
Insock	Komfort insock
Sole	PU/PU, non-marking
Sizes/Width	37-48 / 11
Orthopedic insocks	Possible











Without seams at the sides Heel stabilizer Leather tongue









Article no.	8634
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Climate-regulating textile lining
Insock	Komfort insock
Sole	PU/PU, non-marking
Sizes/Width	37-48 / 11
Orthopedic insocks	Possible









Without seams at the sides

Heel stabilizer Leather tongue







Article no.	22402	
Form	Safety half shoe	
Designation	EN ISO 20345:2011 S3 SRC ESD	
Toe protection	Aluminium BAAK flex cap	
Anti-Penetration	Steel	
Upper	Smooth leather	
Lining	Climate-regulating textile lining and leather vamp lining	
Insock	Komfort insock	
Sole	PU/PU with BAAK flex zone	
Sizes/Width	38-48 / 11	
Orthopedic insocks	Possible	







Lighter than before Leather vamp lining

Available from November 2018

### Andrew2







Article no.	23402
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC ESD
Toe protection	Aluminium BAAK flex cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Climate-regulating textile lining and leather vamp lining
Insock	Komfort insock
Sole	PU/PU with BAAK flex zone
Sizes/Width	38-48 / 11
Orthopedic insocks	Possible









Lighter than before Leather vamp lining Available from November 2018

### Bill







Article no.	6352	
Form	Safety half shoe	
Designation	EN ISO 20345:2011 S3 HRO SRC	
Toe protection	Steel cap	
Anti-Penetration	Steel	
Upper	Genuine oily leather	
Lining	Leather lining	
Insock	Anatomically shaped insock	
Sole	PU/nitrile, short-time heat-resistant up to 300°C (HRO), non-marking	
Sizes/Width	39-47 / 11	

**S**3

HRO SRC

Protection against twisted ankles through support system

Leather lining

Overcap

### Big Bill







Article no.	6652
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 HRO SRC
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Genuine oily leather
Lining	Leather lining
Insock	Anatomically shaped insock
Sole	PU/nitrile, short-time heat-resistant up to 300°C (HRO), non-marking
Sizes/Width	39-47 / 11

**S**3





Protection against twisted ankles through support system

Leather lining

Overcap

#### Ben







Protection against twisted ankle through support system

Leather lining
Overcap









Article no.	6653
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 HRO SRC
Toe protection	Composite cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Genuine oily leather
Lining	Leather lining
Insock	Anatomically shaped insock
Sole	PU/Vibram®-nitrile, short-time heat-resistant up to 300°C (HRO), non-marking
Sizes/Width	38-48 / 11







Protection against twisted ankle through support system

Leather lining

0vercap

### Bruce







Article no.	6390
Form	Safety half shoe
Designation	EN ISO 20345:2011 S3 SRC WR
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Breathable Sympatex® lining
Insock	Softstep insock
Sole	PU/TPU, non-marking
Sizes/Width	38-48 / 12
Orthopedic insocks	Possible











Waterproof thanks to Sympatex® Overcap made of titan leather Leather tongue

### **Big Bruce**







Article no.	6690
Form	Safety ankle boot
Designation	EN ISO 20345:2011 S3 SRC WR
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth leather
Lining	Breathable Sympatex® lining
Insock	Softstep insock
Sole	PU/TPU, non-marking
Sizes/Width	38-48 / 12
Orthopedic insocks	Possible









Waterproof thanks to Sympatex® Overcap made of titan leather Leather tongue

# Sympatex® - 100% waterproof, windproof and breathable!



#### Always have dry feet!

All those who spend much time outdoors have very high demands on their shoes. They should keep the feet dry and regulate the temperature optimally, depending on the weather and activity. 100% waterproof, optimally breathable and 100% windproof.

Environmentally friendly with a 100% recyclable membrane.





100% waterproof



breathable



100% windproof



# **BAAK Polar**



### For warm feet when it is cold

#### The specialists for cold temperatures

When temperatures are low, protect yourself with these boots – with a fluffy, warming woven lamb wool lining and cold-insulating insoles.



lacing combined with the comfort of a zip fastener



### Magnus







Magnus	with	locking
- I	nooks	;

Article no.	8514
Form	Safety winter boot
Designation	EN ISO 20345:2011 S3 CI
Toe protection	Steel cap
Anti-Penetration	Steel
Upper	Smooth cow leather
Lining	Fully lined with warm fur lining
Insock	Insock with fur lining
Sole	PU/PU, cold-insulated, non-marking
Size / Width	38-48 / 11
Orthopedic insocks	Possible







Warm fur lining
Without seams at the sides

Overcap



### Magnus-Profi







Article no	8524	
Form	Safety winter boot with YKK-zipper on the inner side	
Designation	EN ISO 20345:2011 S3 CI	
Toe protection	Steel cap	
Anti-Penetration	Steel	
Upper	Smooth cow leather	
Lining	Fully lined with warm fur lining	
Insock	Insock with fur lining	
Sole	PU/PU, cold-insulated, non-marking	
Sizes/Width	38-48 / 11	
Orthopedic insocks	Possible	







Warm fur lining

Without seams at the sides

YKK zipper Overcap



# **BAAK Woman premium**



### For active women

#### The specialists in ladies

You will feel comfortable in these shoes, which fit ladies' feet especially well as they are made using special ladies' lasts. Walking and standing becomes especially comfortable with the shoes' all-over damping.

#### Flex zone

Flex zone for a foot-conform bending which enables a natural, functional foot movement



### Sue2







Article no	32112
Form	Safety sandal
Designation	EN ISO 20345:2011 S1 SRC ESD
Toe protection	Steel Baak flex cap
Anti-Penetration	-
Upper	Microfiber material
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Size/Width	35-42 / 10
Orthopedic insocks	Possible

**S1** 









Special last for ladies' feet

Quick fastener Leather-free



### Stacy







Article no.	3217
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Steel Baak flex cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Breathable textile material with reflecting PU-appliction
Lining	Climate-regulating textile lining
Insock	ESD softstep insock
Sole	PU/PU with Baak flex zone, non-marking
Size/Width	35-42 / 10
Orthopedic insocks	Possible













Special last for ladies` feet

also available as men's style Hector Art. 5401 (Page 33)

### Scarlett







Article no.	3311
Form	Safety half shoe, open
Designation	EN ISO 20345:2011 S1P SRC ESD
Toe protection	Steel cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber material and 3D mesh textile
Lining	Climate-regulating Cambrelle® lining
Insock	ESD softstep insock
Sole	BSD/nitrile, non-marking
Size/Width	36-42 / 10+









Rubber toe protection Special last for ladies' feet Full-surface damping Leather-free

### Silvy







Article no.	3425
Form	Safety half shoe
Designation	EN ISO 20345:2011 S1P
Toe protection	Composite cap
Anti-Penetration	Textile anti-penetration insole board
Upper	Microfiber material and mesh material
Lining	Climate-regulating textile lining
Insock	Comfort insock
Sole	EVA/nitrile, non-marking
Size/Width	36-42 / 10+







Special last for female feet Lightweight Metal- and leather-free Full-surface damping

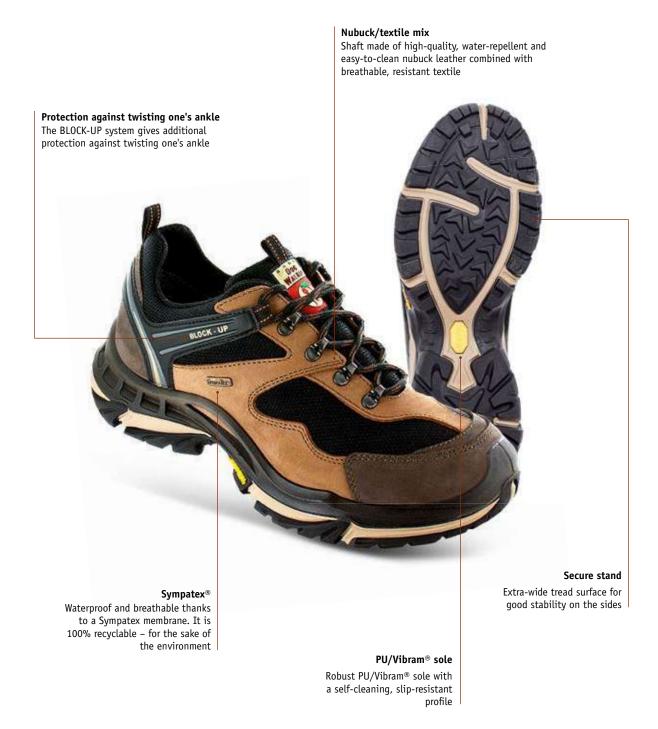


# **BAAK DogWalker**

### For dog lovers

### The special shoes for dog lovers

To help you keep up when taking the dog for a walk, the Sympatex® membrane keeps your feet dry, the special outsole ensures a very good grip, and the excellent fit gives you high wearing comfort. But of course, the lightweight Baak DogWalkers are also ideally suited for hiking – even without a dog.



### Boomer





Article no.	1026
Form	Baak DogWalker Sporty half shoe
Upper	Easy-care nubuck leather and breathable textile
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane
Insock	Anatomically shaped climate insock
Sole	PU/Vibram®
Sizes	36-47
Sizes	36-47



Waterproof thanks to Sympatex®

Vibram® outsole

Light weight

### Bobby





Article no.	1020
Form	Baak DogWalker half shoe
Upper	Easy-care nubuck leather, softly padded edge
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane
Insock	Anatomically shaped climate insock
Sole	PU/nitrile
Sizes	36-47

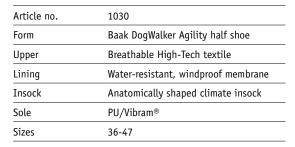


Waterproof thanks to Sympatex®

Light weight

### Charly















Article no.	1031
Form	Baak DogWalker half shoe
Upper	Easy-care hydrophobized microfiber and breathable textile
Lining	100% waterproof, windproof and breathable thanks to Sympatex membrane®
Insock	Anatomically shaped climate insock
Sole	PU/TPU
Sizes	36-47



Waterproof thanks to Sympatex®

Ultralight Leather-free

Available from November 2018

# Lucky





Article no.	1021
Form	Baak DogWalker ankle boot
Upper	Easy-care nubuck leather, softly padded edge
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane
Insock	Anatomically shaped climate insock
Sole	PU/nitrile
Sizes/Width	36-47



Waterproof thanks to Sympatex®

Lightweight

### Lines





Article no.	1027
Form	Baak DogWalker ankle boot
Upper	Easy-care genuine oily cow leather
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane
Insock	Anatomically shaped climate insock
Sole	PU/Vibram®
Sizes/Width	36-47



Waterproof thanks to Sympatex®

Vibram® outsole

Lightweight



### Rocco



Article no.	1029
Form	Baak DogWalker Profi boot
Upper	Easy-care genuine oily cow leather for protection against wetness and coldness
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane
Insock	Anatomically shaped climate insock
Sole	PU/Vibram®
Sizes/Width	36-47



Waterproof thanks to Sympatex®

Vibram® outsole
All-season boot

Extremely lightweight



### Rocky



Article no.	1023
Form	Baak DogWalker winter boot
Upper	Easy-care genuine oily cow leather for extreme protection against wetness and coldness
Lining	100% waterproof, windproof and breathable thanks to Sympatex® membrane and warm fur lining
Insock	Anatomically shaped climate insock
Sole	PU/Vibram®
Sizes/Width	36-47



Waterproof thanks to Sympatex®

Vibram® outsole

Warm winter boot

Extremely lightweight

## **BAAK Accessories**

#### For our shoes





## Baak ESD Softstep insock for women's shoes

ATLICLE 110. 4000	Article no. 4660
-------------------	------------------

- » Softly damping, shock-absorbing insock made of PU foam
- » Breathable, with particularly good moisture absorption and release. Moisture is carried away from the foot quickly.
- » Antibacterial and fungicidal thanks to silver ions
- » Conductive and thus especially well suited for ESD shoes
- » Sizes 35-42
- » Usable for Models 32112, 3217, 3311

## Baak ESD Softstep insock for men's shoes

Article no.	4661	4662
Design	N (normal)	XW (wide)

- » Softly damping, shock-absorbing insock made of PU foam
- » Breathable, with particularly good moisture absorption and release. Moisture is carried away from the foot quickly.
- » Antibacterial and fungicidal thanks to silver ions
- » Conductive and thus especially well suited for ESD shoes
- Sizes 36-50
- » Normal design: Usable for the models of the Baak Ultralight, Baak Sport light (sizes 36 - 40), Baak Industrial go&relax N, Baak Sport exclusive, Baak Sports, Baak Industrial, the models 6383, 6683, 6684, 6390, 6690, 8334 and 8634
- » Wide design: Usable for the models of the Baak Sport light series (sizes 41 - 50), Baak Industrial go&relax XW





Article no. 4663

- » Softly damping, shock-absorbing insock made of PU foam
- » Breathable, with particularly good moisture absorption and release. Moisture is carried away from the foot quickly.
- » Antibacterial and fungicidal thanks to silver ions
- » Conductive and thus especially well suited for ESD shoes
- » Size control for determining the right shoe size
- » Sizes 38-48
- » Usable for the models of the Baak Unity series
- » precise assignment available on www.baak.de/en in the download area



#### **Baak Komfort insock**

Article	no.	461

- » Softly damping, shock-absorbing insock made of EVA foam
- » Damping element in the ball and heel areas
- » Breathable thanks to perforation in the forefoot area
- » Antistatic thanks to conductive thread
- » Sizes 37-48
- » Usable for models at the range Industrial, as well as for models 8334, 8634, 22402 and 23402



#### **Baak Gel-Komfort insock**

Article no.	4625

- » Softly damping, shock-absorbing insock made of EVA foam
- » Damping element in the ball area and gel pad in the heel
- » Breathable thanks to perforation in the forefoot area
- » Antistatic thanks to conductive thread
- » Sizes 38-48
- » Usable for models 6390, 6690



#### Baak COOLMAX® functional sock

Article no.	413639	414043	414447
Size	36-39	40-43	44-47
Composition	55% COOLMAX®, 35% polyamide, 8% polypropylene, 2% elastane		

- » Optimal foot climate thanks to the breathable  ${\tt COOLMAX}^{\circledcirc}$
- » Strengthening through padded zones in the toe, sole and heel areas
- » Comfortably fitting band
- » Öko-Tex standard 100
- » Washable up to 30°C







#### Baak shoe laces

Article no.	2950	2952	2955
Colour	black/grey	black/grey	black/grey
For Models	all	all	all
Length	100 cm	120 cm	150 cm

# AK Know-How

## Your advantages with BAAK

For you – healthy and safe



Safety shoes with Baak® go&relax system



Environment protection in cooperation with the service provider Interseroh

#### State-of-the-art safety shoes

BAAK ist the leading producer of safety shoes that are optimally suited to the foot. The company's own product development department keeps doing research on the latest technologies, materials and ideas for the sake of those who wear safety shoes. For example, Baak was the first safety shoe manufacturer to identify the excellent benefits of a lightweight, damping sole material from the running shoe sector and introduced EVA into the safety shoe industry with great success.

To keep improving our competence in optimally suited safety shoes, we also like to cooperate with experts from neighbouring disciplines. For example, we developed the Baak® go&relax system in cooperation with one of the world's leading biomechanists, Prof. Dr. Gert-Peter Brüggemann.

#### A high level of quality

For Baak, a functioning quality management system plays an important role. The quality of the raw materials, the individual shoe parts and the finished safety shoes is controlled permanently. This is done by specially trained Baak staff at the production sites and, of course, also at the incoming goods department.

#### For the sake of the environment

In cooperation with a major recycling company, Baak ensures that all sales and packing materials are disposed of in an environmentally appropriate way and recycled with a CO2 certificate. The transport of our parcels by the parcel service DPD is CO2-neutral. Almost all communication with our distributors is environmentally friendly, i.e. paperless. Order confirmations and invoices are sent mainly by email.

#### High delivery performance

The goods are dispatched from our warehouse in Germany, where Baak keeps its stocks of its entire product range. In addition, most distributors keep stocks of their end customers' shoe models.

#### Safety shoes that are really safe

Baak is a member of the German Standards Committee. We know our trade and are aware of our responsibility. All safety shoes are certified according to the most recent European standards. The compliance with those standards is checked permanently.

#### More than protection - long-term health maintenance

Compliance with all protection standards is self-evident. Besides, the development of Baak's safety shoes focuses on the long-term health maintenance of those who wear them. Only safety shoes optimally suited to the feet allow them to move naturally.

The feet, muscles and joints stay fit, which relieves pressure on the entire musculoskeletal system. For this reason, we have developed the unique Baak® go&relax system.

Only the combination of the Baak® flex cap and the Baak® flex zone and the H-coupling element in the outsole allows the feet to bend in a natural, optimal way in the area of the basic toe joints while walking, and keeps those who wear the shoes healthy in the long term.

#### Safety shoes that adjust to your feet

With the Baak® go&relax system, your shoe adjusts to the natural bending behaviour of your foot.

Thanks to the Baak® multi-width system, the shoe takes over the individual width and shape of your foot.

The Baak® fitting system closes the gap between your foot and your shoe individually.

#### Advice and support

Baak will be happy to support you – with staff training, joint presentations for end customers or assistance in the case of problems.

#### Our company has the human touch

This concerns our relationships with those who wear our safety shoes, with our distributors and production partners, and with our own staff. As an owner-managed family business, we are aware of our social, ecological and economic responsibility.

Sustainable actions as well as fundamental social values and minimum standards are self-evident to us. In particular, this also applies to the working conditions at the manufacturing sites of your Baak safety shoes. We will be happy to send you our "Code of Conduct".



A useful contribution to company health management



Part of the Baak team

## The BAAK go@relax system

#### The revolution of the safety shoe

Patent pending!

#### Natural and functional foot load

Our innovative system was developed, above all, for persons who wear safety shoes for several hours a day. For this customer group, a natural and functional foot load is especially important - A less tiring way of walking all over the whole working day.

In common safety shoes, the feet are bent in an unnatural way with every step, due to straight toe protection caps. Additionally, stiff outsoles limit the movement of the basic toe joints. The two small outer toes are not integrated into the rolling movement. An improper load on the foot muscles, sinews and ligaments is possible – and serious consequences for the foot dynamics and body statics, too.





"A natural and functional movement of the foot in the shoe contributes to maintaining the health of the foot, the muscles and the joints. That relieves pressure on the entire musculoskeletal system!"

Prof. Dr. Gert-Peter Brüggemann

#### 1. Asymmetrical toe cap

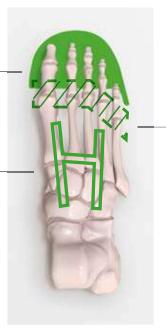
The BAAK® flex cap ensures that the basic toe joints are bent in a functional way - and thus also ensures a more "relaxed" way of walking.





#### 3. Biomechanical H-coupling element

The BAAK® H-coupling element, integrated into the outsole, connects the forefoot and hindfoot elastically, supports the bending of the toes in a way suited to their position and ensures stability together with control.



#### **Healthy feet**

Healthy feet relieve pressure on the entire musculoskeletal system.

#### 2. Biomechanically optimized flex zone

The BAAK® flex zone in the outsole is optimally suited to the foot and allows all basic toe joints to bend in a natural and functional way.





#### Three elaborate features

Thanks to those three functional elements, the BAAK® go&relax system for safety shoes involves all five toes in the rolling movement. So while walking, the load is distributed optimally over all muscles and joints involved. BAAK® go&relax consists of a unique combination of components for a natural bending - thus ensuring healthy feet that relieve pressure on the entire musculoskeletal system.

#### Always stay fit

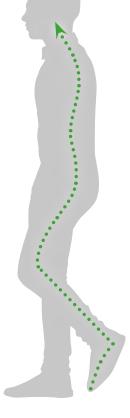
The patent-pending Baak® go&relax system distributes the load optimally over all muscles and joints involved – with every step. The feet, muscles and joints stay fit. That relieves pressure on the entire musculoskeletal system. Unequal load distributions are prevented successfully. Walking is really comfortable. A shoe should always allow the foot to do what it wants to do naturally. Therefore, for people who wear safety shoes for many hours a day, a natural and functional foot load distribution is of particular importance. Safty shoes with the patent-pending Baak® go&relax system are a recommendable addition to the company health management.

#### BAAK® go&relax can:\*

- reduce the risk of knee athrosis
  improve the position of the trunk
  - influence the back musculature and possibly contributes to pain reduction

\*due to "bottom up" strategy study available on www.baak.de (German version)





Healthy feet release the whole musculoskeletal system



#### Incorrect loading and its results

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 ligaments of the feet are more or less deactivated. The muscles of the feet are weakened when they were not used. The consequences are negative for the dynamics of the foot and the whole body statics.

## **BAAK Toe Protection Caps**

#### Three materials - always safe

Toe protection caps for safety shoes must be able to resist an impact energy of 200 joules, independently of their material (pursuant to EN 20345:2011). 200 joules are achieved when a weight of 20 kg drops from a height of 1 metre. In another test, the toe protection caps must resist a static pressure of 1.5 tons (15 kilo newton). Baak uses toe protection caps made of three different materials: steel, aluminium and composite. The shape and design of the toe protection caps has a decisive effect on the space for the toes and the rolling of the foot.

#### Cap materials

#### Steel caps

have always been used for safety shoes. They are stable, and their weight is less than 100 grams for size 42.

#### Aluminium caps

are 40% lighter than steel caps. Due to the weaker resistance of aluminium, they are a bit thicker than the steel ones in order to comply with the stability requirements of the standards. They are anti-magnetic.

#### Composite caps

consist of composite materials, which obtain the necessary stability from synthetic resins. They are also 40% lighter than steel caps, and their material thickness is higher than that of steel caps. They enable the production of completely metal-free safety shoes.

#### Nano-fiberglass caps

are a further development of common composite caps with an improved synthetic resin composition, which enables a higher stability of the caps and/or a lower material thickness and weight. Black is the typical colour of the metal-free caps.

#### Cap shapes

#### Symmetrical caps

are used mainly for slim and normal-width feet. The instep of those feet runs relatively close to the centre towards the second toe, which is also the longest toe in most cases. Shoes with symmetrical caps have a sportive look.

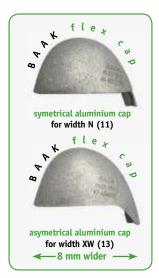
#### Asymmetrical caps

are often used for relatively wide feet. The instep of those feet runs towards the big toe, which is also the longest toe in most cases. Shoes with asymmetrical caps provide more space in the area of the big toe.

In addition, in the Baak two-width system, the asymmetrical cap for the extra-wide shoes is 8 mm wider than the symmetrical cap of the normal-width shoes. The Baak® two-width system is used for the models of the Baak Industrial series with the Baak® go&relax system (see page 25ff).

#### Cap design

Baak® flex caps are extended on the outside. Thus, in combination with the Baak® flex zone in the outsole, it is possible for the feet to bend naturally in the area of the basic toe joints.



Different toe caps for different shoe widths



Functional foot load thanks to the Baak® flex cap and Baak® flex zone

## **Baak Width Technology**

#### Making sure that your shoe fits you well

Every foot is very individual. This is true not only for the foot's length but also for its width. About half of all human beings (50%) have feet of average width, 45% have extra-wide feet and 5% have narrow ones.

#### Which Baak series for what type of foot?

#### For normal-width feet: all Baak series

In all series, you will find shoes that are suitable for normal-width feet. Shoes of the widths 11 (N), 11+ and 12 offer an excellent fit for those feet. The individual adjustment is done through the lacing, the quick-release fastener or the hook-and-loop fastener.

#### For normal-width and extra-wide feet: the Baak Industrial go&relax series



The real Baak® two-width system – two shoes for two widths

The five models of this series offer individual fits for normal-width and extra-wide feet. Here, Baak uses the real two-width system: Each width has its own special sole shape, its own last and its own toe protection cap shape. This is the only way to ensure that the foot always rests on the sole optimally. Width N = N = N = N Width N = N = N Width N = N = N Width N =

As the shape of slimmer and wider feet is not the same, two different lasts ensure the perfect fit for each type of foot. With the 8 mm wider toe protection cap (difference from Width N at size 42), even relatively wide feet are given enough space for their toes.

#### For all feet: the Baak Unity series



The unique Baak® multi-width system – one shoe for many widths

The unique Baak® multi-width system of the Baak Unity series offers individual width adjustment in the width range from 10 to 14 with only one shoe. How is that possible? It's quite simple: The Baak Unity models actually consist of two shoes, an inner and an outer one.

The "inner" shoe consists of an extremely elastic Baak flex mesh material, the sock shaft. It adjusts individually to your foot and to its width and shape. The necessary stability is given by the six stabilizing straps of the "outer" shoe. Baak Unity – the genius in fits. The custom shoe that you can buy off the rack.



Every foot is individual.



The width N can be identified by a grey BAAK-foot, the width XW by a coloured BAAK-foot.



To learn more about our width technology, visit our website: www.baak.de/en

## **Baak Sole Technology**

#### Different materials for different needs

The soles of our safety shoes consist of two layers that serve different purposes: the midsole and the outsole. The midsole is soft and elastic. It provides good damping and reduces stress on the joints. The outsole is harder and resistant to mechanical and thermal influences. It is also slip-resistant and as abrasion-resistant as possible. The profile layout and the bending behaviour are among the decisive factors that allow the foot to roll over.



#### Midsole-materials

#### EVA: ethylene vinyl acetate / BSD / LIEVA

EVA is a very lightweight high-quality caoutchouc foam that is also used as midsole material in running shoes. Pressure-moulded EVA is not only very lightweight and elastic but also has excellent damping properties. Another advantage is its great temperature range from -30 °C to +170 °C. Baak was one of the first safety shoe manufacturers to identify those benefits and uses EVA for many of its models. BSD (Baak Special Damping) is a further development of EVA by Baak with an optimized durability, damping and bending behaviour. **LIEVA** (liquid injected EVA) is a state-of-the-art technology which shows a higher energy absorption with improved durability due to its production process in which liquid EVA is pressed with the help of pressure and temperature.

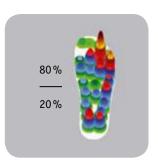
#### Electronic footprint measurement

With electronic footprint measurement (pedography), the pressure load under the foot during the natural rolling movement – from the heel over the outer ball and the inner ball to the big toe – is shown in different colours. Green and blue stand for a low pressure load and red and yellow for a high one. The lower the pressure load, the more pressure is relieved from the entire musculoskeletal system.

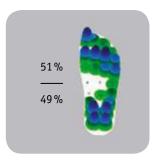
#### PU: polyurethane

Polyurethane is a foamed plastic that is characterized by high elasticity and a comfortable damping behaviour.

#### Electronic footprint measurement



Common safety shoe, high pressure load



Baak models with EVA and BSD midsole, optimal damping and balanced pressure distribution (51% at the front, 49% at the back).

#### **Outsole materials**

#### Nitrile rubber

The outsoles made of nitrile rubber are highly resistant to oils, fuels, many acids and faeces. They are very slip-resistant, robust and durable and have an excellent abrasion behaviour. In addition, they can be heat-resistant up to 300°C. Nitrile rubber outsoles are a little heavier than PU outsoles. Therefore, Baak combines them with particularly lightweight midsole materials in most cases. Nitrile outsoles with a rough lug tread are especially well suited for use in areas with sharp-edged splinters of glass and cuttings on the floor.

#### PU: polyurethane

Outsoles made of polyurethane, like nitrile rubber outsoles, are resistant to oils, fuels and certain chemicals. They are more lightweight than rubber and have good damping properties. They are heat-resistant up to 120°C and flexible at low temperatures up to -30°C.

#### **TPU:** thermoplastic polyurethane

Thermoplastic polyurethane is a special PU. It has the same positive properties and some more advantages such as a better abrasion behaviour, bending endurance and slip resistance.

#### Outsole design

Outsoles with the Baak® go&relax system allow the feet to bend naturally in the area of the basic toe joints. This is guaranteed by the Baak® flex zone – which is specially integrated in the outsole – in combination with the Baak® flex cap and the H-coupling element.



The Baak® flex zone allows the feet to bend naturally.











Outsoles with  $Baak^\circledast$  flex zone from the Baak Unity, Baak Sports light and Baak Industrial and Baak Ultralight

# AK Know-How

## **BAAK und ESD**

## ESD

#### **Electrostatic discharge – protect your products**



electrostatic discharge



The wear of ESD shoes in the production process protects electronic components from destruction.

#### What do ESD safety shoes by Baak offer you?

Baak has developed into an ESD specialist in recent years. All ESD safety shoes by Baak have been optimized for their ESD capabilities down to the minutest details. For example, they have electrostatically conductive insole boards and insocks. As a result, the recommended discharge resistance is achieved safely even if the shoe is not in contact with the grounded floor all over.

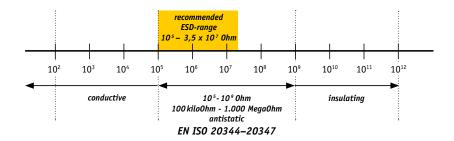
#### What does ESD (electrostatic discharge) mean?

Each of us "gets a jolt" from time to time when touching a doorknob, other people etc. The reason is that you have been charged electrostatically, for example while walking on a carpet. But sometimes the "friction" of your body at the air is sufficient. If you come close to an uncharged or differently charged object, a spontaneous discharge takes place, comparable to a mini-lightning. Human beings feel those discharges starting at a voltage of about 2,000V. Each of us causes small discharges every day, but they are not perceptible because most of them are considerably below 2,000V.

But if you are in touch with an electronic element, it might even be damaged due to the non-perceptible discharges. Besides this damage, the quality of this element could decrease, and as a consequence, your claim rate might raise.

But also in areas with an increased danger of fire or explosion, electrostatic discharges have to be avoided. They could fan flames or spark explosive gases.

There are various possibilities to avoid uncontrolled electrostatic discharges. Probably the most practical and flexible one is to wear ESD shoes on a grounded floor. The target is to be charged with a voltage at a maximum of 100 volts (currently recommended limit). Of course, your clothing and your entire workplace should have ESD properties, too.

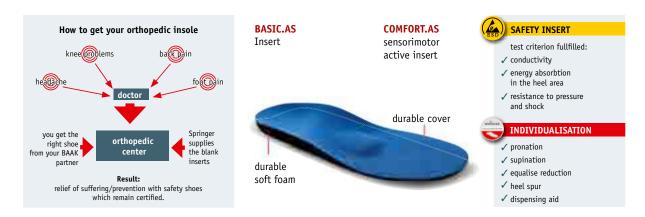


Info about climate classes on page 37

More info and advice about ESD safety shoes you will find on our website: www.baak.de/en

## Baak and orthopedic foot protection

#### Individual and standard



#### The 4 steps to get your orthopedic insock:

- Take your DGUV-Rule 112-191 certified Baak safety shoe and your prescription to the orthopedic shoemaker or medical supply store of your own choice.
- The orthopedic shoemaker orders the correct blank for you according to the prescription. Please have a look at our website: here you see which orthopedic insock is certified for which shoe.
- The orthopedic shoemaker modifies the blanks according to your individual needs.
- \_\_\_ The standard insock will then be replaced by your new insock

It is guaranteed that after the modification, the shoes will still comply with the EN ISO 20345 standard and offer the same protection to the wearer as all other products from Baak.

#### The orthopedic blanks are available here

#### Springer Aktiv AG

Insock Basic AS und Insock Comfort AS
Info and supply on www.springer-berlin.de

#### Schuhe+Orthopädie Wurzlbauer GmbH

Insock Ped ESD, Ped ESD Dia, Sensomot 1 und Sensomot 2 Info and supply on www.wurzlbauer.com

#### Bauerfeind AG

ErgoPad work

Info and supply on www.bauerfeind.com

**Note:** Wearing personal inserts which are not certified is not allowed. The certification of the safety shoe, and thus its insurance cover, will be lost as a result.



This sign shows you the Baak models that are certified for orthopedic insocks generally. Every shoe that has such a certification has an info hangtag attached.

You can find further detailed information on certified inserts and on the DGUV Rule 112-191 as well as the Austrian Norm Z 1259 standard on our website at www.baak.de/en

## At a glance

#### Standards, safety categories & additional requirements

Baak safety shoes comply with the EN ISO 20345 standard and are therefore fitted with protective caps which can withstand a testing energy of 200 joules and a pressure of 15 kN. They meet all of the basic requirements of the EC Directive (EU) 2016/425 on personal protective equipment.



#### Safety Category S1

The shoes of this category are suitable for areas in which no influence of moisture is expected.

They fulfil the important additional requirements: the ability to absorb energy in the heel, a closed heel area, a fuel-resistant sole and an antistatic design of the outsole.



#### Safety Category S2

As S1, but with uppers preventing water penetration, for areas in which the influence of moisture is expected.



#### Safety Category S3

As S2, but, in addition, with a penetration-resistant midsole, for areas in which the risk of sharp objects penetrating the sole exists.



#### Penetration protection

Protection against the penetration of sharp objects through the sole (S1P).



#### Heat resistance

Protection against contact heat through a heat-resistant outsole (60 seconds at up to 300°C).



#### **Cold insulation**

Protection against cold through a cold-insulation outsole (max. temperature drop of 10°C in 30 min).



#### Waterproof

Protection against water penetration (tested on the complete shoe).



#### Slip resistance

Slip resistance of the highest category according to DIN EN 13287, test passed on ceramic tiles with detergent (SRA) as well as steel floor with oil (SRB).



#### Metal-free

100% metal-free safety shoes



#### Two-width

Models available in two widths (p. 79)



#### Multi-width

Models with adjustable width (p. 79)



#### **DGUV Rule 112-191**

Models certified for orthopedic insocks (p. 83)



#### ESD - Electrostatic discharge

Reduces electrostatic charge (p. 82)



#### SympaTex®

windproof, waterproof, breathable



#### Vibram®

Outdoor sole with good running properties



Safety shoes with the Baak® go&relax system and a special width concept



#### BAAK® go&relax can

due to "bottom up" strategy

- reduce the risk of knee athrosis
- $\bullet$  improve the position of the trunk
- influence the back musculature and possibly contributes to pain reduction



#### Ultralight

Almost like barefoot, but safer. Absolutely metal-free and ultralight. Styles from 390 g. (size 42)



#### BOA® locking system

The safety shoe can be put on and taken off quickly. It makes workaday life easier and masters every challenge.



- These shoes have our usual good fit.
- They allow the feet to move in a natural and functional way.
- In addition, they have a special width concept.
- The feet, muscles and joints stay fit. That relieves pressure on the entire musculoskeletal system.



- These shoes have our usual good fit.
- They allow the feet to move in a natural and functional way.
- The feet, muscles and joints stay fit.
  That relieves pressure on the entire
  musculoskeletal system.



Normal safety shoes

These shoes have our usual good fit.

	<b>S1</b>	S2	<b>S3</b>
Basic requirements according to ISO 20345:2011	✓	✓	✓
Closed seat region	✓	✓	✓
Resistance to fuel oil	✓	✓	✓
Antistatic properties	✓	✓	✓
Energy absorption in seat region	✓	✓	✓
Water penetration / absorption of the upper		✓	✓
Penetration resistance (P)			✓
Cleated outsole			✓

## **BAAK Product range**

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# RAAK nroduct range

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#### Safety category S1P



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S3

#### Safety category S3



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**S**3

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