

## Ergonomic Matting

Employees in many industries are required to work or stand for extended periods of time. The strain and stress on the neck, legs and lower back can be directly linked to employee health and productivity. Leg and lower back pain is highest in workers who stand 4 hours or more per day. Anti-fatigue mats can significantly increase productivity and reduce medical claims and days lost to injuries.

### Ask questions:

- Are there clear and present trip hazards?
- Are current mats worn out?
- Are mats double stacked?
- Is the solution in place poorly conceived?
- Is there valley between the mats?
- Are there standing applications without matting?
- Are there wet environments without matting?



### Find These: Laminated Mats

#### Check for Hazards Safety Problem

- |                     |  |
|---------------------|--|
| A) Wearing of tread | High levels of traffic over time can lead to flattening out of the top surface, reducing traction.<br><br>Check the amount of "give" on a mat by shifting the weight in your heels. You should feel it compress and return—this promotes blood flow and reduces fatigue. Over long periods of time any sponge can get stiff and brittle. |
| B) Durometer        |  |
| C) Curling corners  | Corners can curl in heavily traveled areas due to kicking and debris buildup, causing a trip hazard.   |
| D) Delamination     | Check the underside for signs of the bottom surface delaminating from the top surface. This can be in the form of bubbles in the mat.  |
| E) Waving mats      | Improper storage or excessive movement can create uneven surfaces or waving of the edges that are trip hazards.  |
| F) Mat edges        | Check the walk on/off points of the mats. Are there proper beveled edges?  |



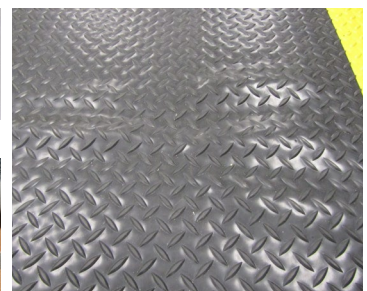
A) Worn tread is ineffective



B) Stiff, brittle sponge



C) Curling corners are a trip hazard



E) Waving mats are a trip hazard

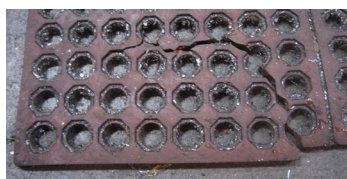


D) Delamination

### Find These: Rubber Drainage Mats

#### Check for Hazards Safety Problem

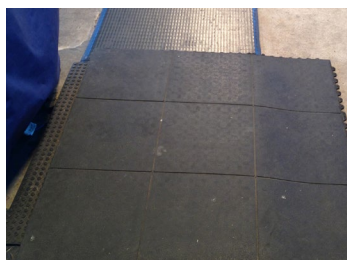
- |                 |  |
|-----------------|--|
| A) Cracked Mats | Cracking in mats is a sign of excessive degrading. Rubber mats made with lower-quality materials, such as clay, can crack over time.   |
| B) Waving mats  | Improper storage or exposure to certain oils and chemicals can create uneven surfaces or waving of the edges that are trip hazards.  |
| C) Durometer    | Check the amount of "give" on a mat by shifting the weight in your heels. You should feel it compress and return—this promotes blood flow and reduces fatigue. When the rubber ages it becomes stiffer with little give. |
| D) Swollen Mats | Standard rubber mats used in oily environments will absorb the oil and warp over time. This swelling can be eliminated by using a 100% nitrile rubber mat.   |
| E) Mat edges    | Check the walk on/off points of the mats. Are there proper beveled edges?  |



A) Cracked mats



B) Waving mats are a trip hazard



C) Stacked mats indicate stiff, ineffective mats



D) Swollen mats

For more information, contact:

## Entrance Matting

Up to 80% of interior soil is brought into facilities from foot traffic. Using entrance matting can stop the majority of that dirt at the door. Walk off matting can reduce floor maintenance costs and extend the life of the floor by absorbing much of the initial abuse. NoTrax entrance mats also help reduce the risk of slips and falls due to wet and slippery floors.

### Ask questions:

- Are mats worn out or missing?
- Is there enough walk off matting?
- Are the floors taking a beating?
- Is the mat quality sufficient for the level of foot traffic?
- Are rental mat costs getting out of control?
- Are there specific style and colors needs to match the facility?



### Find These: Entrance Mats

#### Check for Hazards

#### Safety Problem

A) No mats in use

Provides no floor protection, no absorption, and foot traffic tracks everything into a building.

B) Not enough walk-off matting

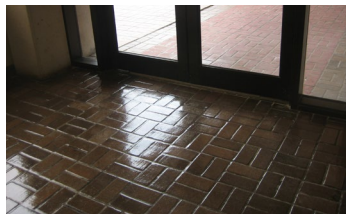
Not enough coverage to effectively collect dirt, debris, and moisture. This can also lead to slips and falls.

C) Worn out mats—the edging is falling off or the carpet crushed is down

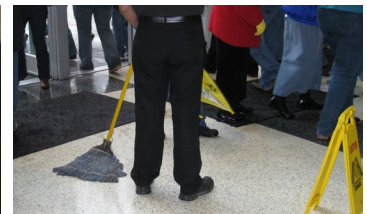
The mat is no longer able to perform its function, to effectively trap dirt, debris, and moisture.

D) Curling corners and rippling edges

Trip hazards create an unsafe environment.



A) No mats at entrance



B) Not enough coverage



C) Worn out mat is ineffective



D) Rippling edge creates trip hazard

## An Effective Entrance Matting System Follows the 15-ft Rule

Up to 80% of moisture, dirt and debris enter a facility from foot traffic, and most accumulates within 10-20 ft of an entrance. Using 15 feet of matting ensures each foot will contact the mat at least 3 times, providing adequate scraping and drying to stop most dirt and moisture at the entrance.

The 15 ft of matting can consist of a single mat, or for a true high-performance entrance matting system, several mats with unique functionality to address the three major zones of an entrance.

### Zone 1: Initial Scraping

Usually positioned outside of the entrance, this first zone removes up to 40% of dirt and moisture from shoes.

### Zone 2: Scraping & Absorption

Positioned just inside, these dual process mats have scraping carpet fibers to target finer particles and debris while also absorbing moisture.

### Zone 3: Drying

The final zone uses mats with softer, more absorbent fibers to ensure all moisture and debris has been removed.

