



## Ergonomic Benefits of Anti-Fatigue Matting & Flooring

**Introduction:** Standing for extended periods on hard surfaces can lead to discomfort, fatigue, and even health issues among workers. Anti-fatigue matting and flooring offer a practical solution to alleviate these problems, providing support and cushioning for enhanced comfort and safety in various workplace environments. FlexRite anti-fatigue matting is made from 100% recycled rubber. The use of ergonomic flooring has economic advantages for business and wellness advantages for standing workers.

### 1. Understanding Anti-Fatigue Matting & Flooring:

- **Purpose:** Designed to reduce the strain on feet, legs, and lower back caused by prolonged standing.
- **Construction:** Typically made from rubber, foam, plastic, thermoplastic elastomer, or gel materials to provide cushioning and support.
- **Features:** Textured surfaces for slip resistance, beveled edges to prevent tripping, and various sizes and thicknesses to suit different applications.

### 2. Benefits of Anti-Fatigue Solutions:

- **Reduced Fatigue:** Cushioned support helps improve blood circulation and reduces muscle fatigue.
- **Improved Comfort:** Workers experience less discomfort and pain, leading to increased productivity and morale.
- **Enhanced Safety:** Slip-resistant surfaces minimize the risk of accidents and injuries in the workplace.

### 3. Applications Across Industries:

- **Manufacturing & Warehousing:** Ideal for assembly lines, packing stations, and workbenches.
- **Retail & Hospitality:** Suitable for cash registers, check-out counters, and kitchen areas.
- **Healthcare & Laboratories:** Used in operating rooms, laboratories, and nurses' stations.
- **Office Environments:** Provides comfort for standing desks, reception areas, and meeting rooms.
- **Commercial Kitchens:** Resistant to oils, grease, and food spills, making them perfect for kitchen prep areas.



#### 4. Choosing the Right Anti-Fatigue Solution:

- **Material:** Consider the durability and comfort of rubber, plastic, foam, or thermoplastic elastomer options. FlexRite anti-fatigue flooring is made from blended 100% recycled rubber & plastic into a compound called Thermoplastic Elastomer which provides the perfect balance of comfort and connectivity.
- **Thickness:** Select the appropriate thickness based on the level of cushioning required and the duration of use.
- **Compression Deflection & Durometer:** Compression deflection is a measure of a material's resistance to force. Durometer is a measure of the shore hardness of a material. Compression deflection measures the overall "give" of the mat, durometer measures the hardness of the mat's surface material. Together these measure the "comfort" of a mat.
- **Size & Shape:** Choose mats or flooring that fit the workspace layout and can be easily cleaned and maintained.
- **Environment:** Consider factors such as moisture resistance, chemical exposure, and temperature fluctuations.

#### 5. Maintenance and Care:

- **Regular Cleaning:** Sweep, vacuum, power wash or mop the mats to remove dirt, debris, and spills.
- **Disinfection:** Use appropriate cleaning agents to sanitize the mats, especially in high-traffic areas.
- **Inspection:** Periodically check for wear and tear, such as cracks or tears, seams coming apart and replace damaged mats as needed. If mats are double stacked they are worn out or too hard.

#### 6. Return on Investment (ROI):

- **Health Benefits:** Reduced absenteeism, fewer worker compensation claims, and improved employee well-being contribute to long-term cost savings.
- **Productivity Gains:** Increased efficiency and output from workers who are more comfortable and less fatigued.
- **Extended Lifespan:** Proper maintenance prolongs the lifespan of anti-fatigue mats, maximizing their value over time.

**Conclusion:** Investing in anti-fatigue matting and flooring is not just about providing comfort; it's about prioritizing the health, safety, and productivity of your workforce. By choosing the right solution and implementing proper maintenance practices, businesses can create a more ergonomic and supportive environment for their employees, leading to a happier and healthier workplace overall.