



ANTI FATIGUE MATS

Facts

WHAT ARE ANTI FATIGUE MATS

Anti fatigue mats are used to reduce the fatigue that standing can have on your legs and feet. They can be made from various materials such as vinyl, wood, rubber, carpeting and foam.

CHOOSING THE RIGHT MAT

First, know the purpose of the mat. Anti fatigue mats are not the same as anti slip mats. Secondly, choose the correct thickness. Soft and thicker may not be best if it does allow the person to stand comfortably. Lastly, make sure that it matches the environment. Are chemicals used? Does it need to be disinfected?



DO MATS NEED TO BE REPLACED?

Mats do lose their effectiveness over time. If mats are used in high traffic areas and are constantly exposed to cleaning and chemicals they lose their effectiveness. As with any control in the workplace it is important that they are monitored to ensure it is still effective and providing the correct worker benefits.



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