

SEPTEMBER SAFETY SEGMENTS: STANDING ERGONOMICS



Anti-fatigue matting can be beneficial for workers who have to stand for long periods on concrete surfaces which are in most work environments. Just as their name suggests it reduces the fatigue of standing by providing the right amount of cushioning.

ANTI FATIGUE MATS

DIRECTIONS

Before you begin this discussion, set the expectations for a safe space that is respectful of everyone's feedback. You will want to print out the [Anti Fatigue Mats Infographic](#). Review the infographic or give staff a few minutes to read over. After everyone is done, use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Does the facility have anti-fatigue mats?
- What environments are they normally used?
- Can you think of other places where anti-fatigue matting could be beneficial?
- Are the mats inspected?
- When should anti-fatigue mats be changed?

Additional Activity:

- Have areas take an inventory of their anti-fatigue mats.
- Identify when the mats were purchased.
- Make a note of mats that are in need of being replaced.

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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