

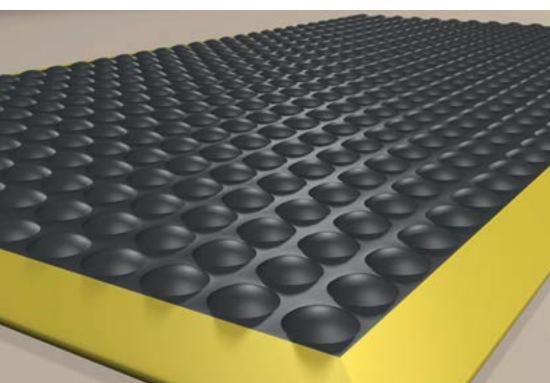
Ergonomics in practice

– Workplace mats –

Standing for long periods of time, especially on hard, cold floors, can be very stressful for employees. Workplace mats, also called anti-fatigue mats or ergo mats, are mats with cushioning properties that relieve the strain on joints at standing workplaces and have a heat-insulating effect. This information will help you to use workplace mats correctly.

Selection of workplace mats

Workplace mats are available in different varieties for different requirements. The choice depends on the place of use and the purpose of use in the workplace. In order to use workplace mats optimally, the following general points should be taken into consideration:



– Bevelled edges:

The edges must be bevelled as shown in the illustration to avoid any tripping hazards. Choose a colour that contrasts with the floor so that the mat is easily recognisable and trip hazards are mini-

mised. A yellow border is recommended for dark mats.

– Slip resistance:

The mat should have slip resistance property so that it does not slip on the floor to prevent fall hazards (ask the manufacturer). The mat must have the same slip resistance (R-value) as the floor or may deviate by max. 1. Prescribed R-values are given in ASI 4.40 Accident-safe design of floors. .

– Structure of the surface:

The surface should allow movement and steps in all directions. For example, this could be achieved by a surface with evenly spaced studs (no longitudinal grooves).

– Size of the mat:

The movement area at the workstation must be at least 1 × 1.5 m. The mat can be smaller if, for example, a step backwards is possible without risk of tripping (risk assessment recommended). Manufacturers offer their own standard sizes and produce special sizes on request.

– Weight:

The larger the mat, the heavier the weight. It has to be taken into account while selecting the mat if for example the mat is needed to be removed frequently for cleaning. Manufacturers indicate the weight for standard sizes.

– Suitable for foodstuffs:

When used in the food manufacturing facility, the mat material must be suitable for this particular sector, e. g. resistant to moisture, acids, bases, alcohol, fats, oils (ask the manufacturer).

– Robustness:

The requirements depend on the duration of use. Take into account whether the mat will be driven over, e. g. with a transport trolley or a product chair (ask the manufacturer). Other specifications may need to be considered: flame resistance, antistatic, electrostatic discharge (ESD).

Tip

Ask manufacturers for material samples and the possibility to test different mats.



• ASI 4.40

Unfallsichere Gestaltung von Fußböden

• Source of supply:

www.bgn.de