



7 Common Anti-Fatigue Mat Safety Hazards

Are your mats causing more slips, trips, falls & ergonomic injuries than they're preventing? >>>

1. Small mats pieced together



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40% of safety and production leaders say “having to piece together rectangular mats” to cover complex workspaces is a major obstacle with anti-fatigue mats. Disconnected mats are more likely to slide, the gaps create trip hazards, and the result is often an anti-fatigue mat horror film like this workstation. One reason people settle for piecing together mats is because they don't know custom mats are an option.





QUICK TIPS

Design a single mat to fit your workstation with AcroMat's custom mat builder, AcroSketch.

2. Constant on/off stepping



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When anti-fatigue mats are too small, the wrong size or poorly placed, the result is constant on/off stepping. "While stepping on/off might seem inconsequential, it increases the risk of slips, trips and falls, even cuts, punctures and scrapes," says Ergonomist Mary Plehal. "It can also contribute to ankle, knee or hip/low back fatigue if the on-off stepping occurs at high frequency, say, 50-100 times per shift."



On/off, on/off, on/off...



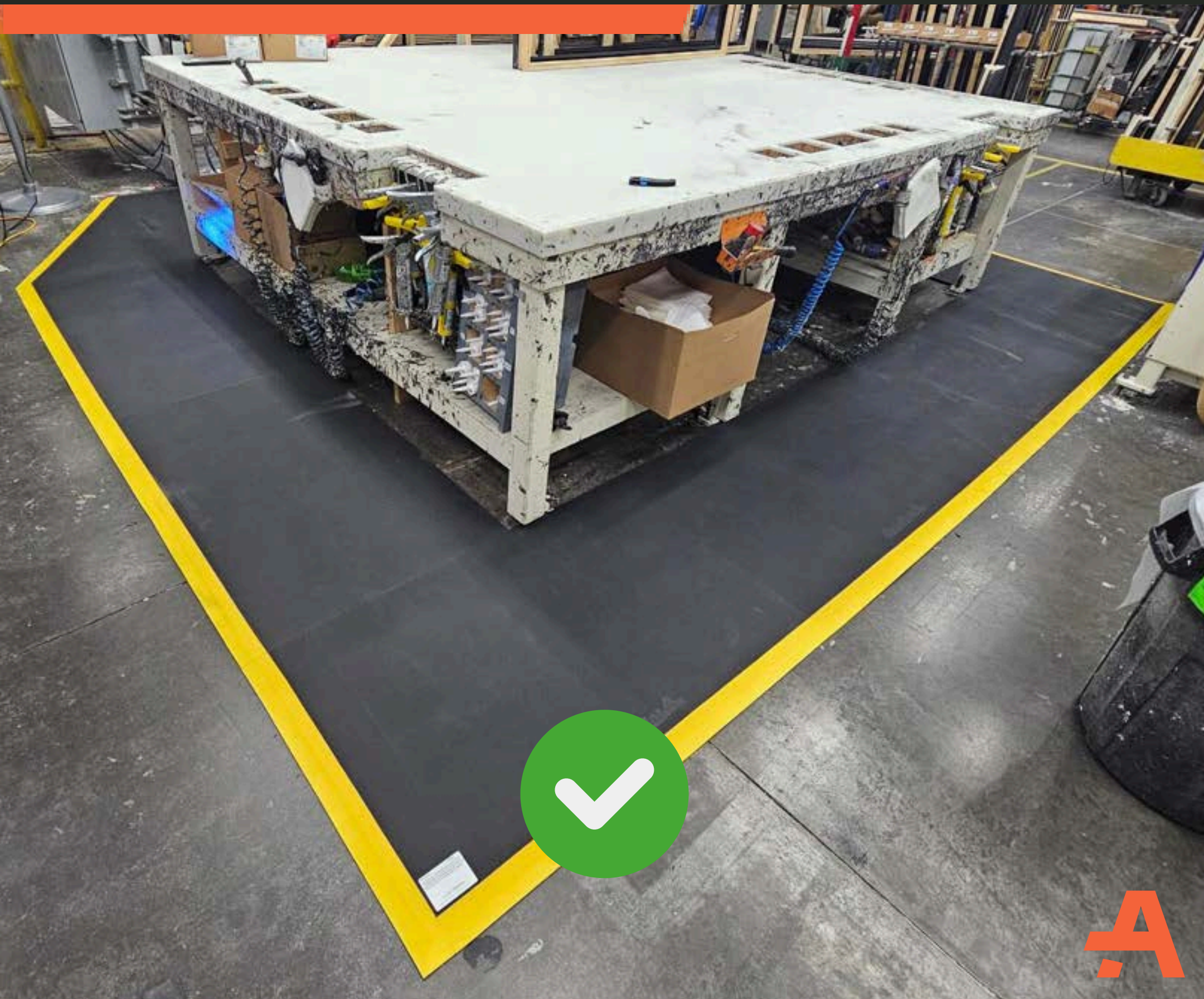
On/off, on/off, on/off...



On. Station fully covered.



On. Station fully covered.



3. Missing or broken bevels

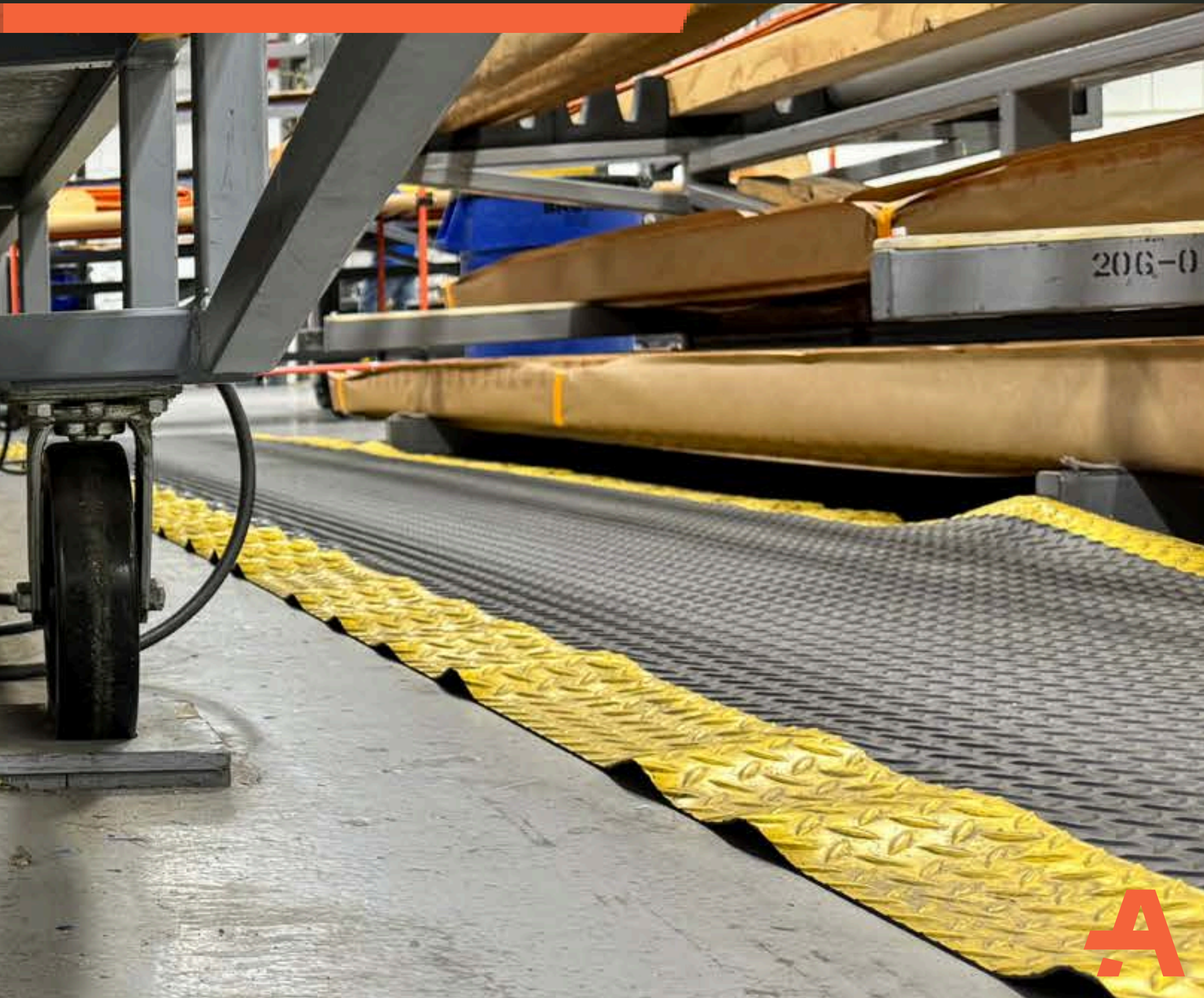


3. Missing or broken bevels

Modular tiles have to be snapped together like a puzzle. As particles and liquids embed in the leaky and unsealed seams, they pull apart creating gaps, and missing and broken borders. **Slips, trips and falls are the No. 1 preventable workplace injury;** this hazard can be remedied by opting for ergo mats that are impervious to liquids, and warranted never to come apart.



4. Curling borders



4. Curling borders

Curling is the most common anti-fatigue mat safety hazard. As water, chemicals, solvents, oils and other liquids absorb into mats that lack chemical resistance, the anti-fatigue pad begins to buckle and shrink inward. This lifts the borders of your mats off the ground creating an undeniable trip hazard, similar to the borders being missing or broken entirely.



5 Ways to Stop Anti-Fatigue Mat Curling

From materials to design, this eBook explores how to make sure your mats remain flat



**QUICK
TIPS**

5. Flat or sunken mats



5. Flat or sunken mats

Musculoskeletal injuries (MSDs), or ergonomic injuries, are the No. 1 reason for lost or missed work time. Flat mats, or too-thick mats that have begun to sink and show footprints where you most often stand, offer little ergonomic support, increase MSD risks, and create uneven surfaces. This increases the risk of slipping, rolled ankles and tripping. It also impacts morale.



PVC foam vs. 100% nitrile



PVC foam sinks & flattens over time



100% nitrile never sinks or flattens



6. Stacked mats



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20% of the safety and production leaders we surveyed report finding stacked mats in their facilities. Beyond the trip hazard this creates, stacked mats also increase ergonomic injuries. "Stacked mats may seem to have more cushion, but in reality it creates postural instability similar to working in high heels for hours at a time," says Ergonomist Mary Plehal. "It also creates a higher risk of slips, trips, falls and rolled ankles."



7. Mats flipped upside down



7. Mats flipped upside down

Employees flip mats for two reasons. Either the top surface is damaged, which brings its own set of slip hazards, or they're looking for a "fresh" side for ergonomic comfort, not unlike flipping over a pillow. Either way, flipped mats is a sign you need to talk to your team about the state of their mats.



Trip hazard



Summary

Anti-fatigue mats are designed to accomplish two outcomes:

1. Reduce slip, trip and fall injury risks
2. Provide critical ergonomic support


They shouldn't do one or the other, they should do **both**. If they aren't doing either, it's time to make a change.



Mat Inspection Checklist

Assess your mats and know exactly what to look for with our printable checklist



Anti-Fatigue Mat Inspection Checklist 

Name: _____ Date: _____

Phone: _____ Email: _____

Name of Area:	Incorrect Size/Gap/De-Ort Stepping	Curving Borders/ Missing Bevels	Visible Damage/ Rips/Tears	Reduced Ergonomic Cushion/Flat	Exposed Cords and Cables	Eroded Surface/Loose Traction	Mat Needs Replacing (Y/N)
Comments:							
Comments:							
Comments:							
Comments:							
Comments:							
Comments:							
Comments:							

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