



## Anti-Fatigue - How does it work?

Anti-fatigue matting works by providing a balance of "Softness" and "Support".

### Softness

The softness of matting offers two major benefits, cushioning and weight distribution.

- **Cushioning aids in reducing the impact on the joints**

Cushioning reduces the long-term stress on the joints created from the constant pounding on a hard surface. Each step transfers the entire body weight to one foot over and over again. The pounding that the heel takes with each step generates a "shock wave" of force that travels up the legs upward into the hips, back, etc. It is calculated that a single worker can walk as many as 10 miles in a single shift.

- **Weight distribution**

The softness of a mat allows proper distribution over the entire surface of the foot. This allows the foot to take a more natural position and reduces pressure points.

### Support

Support is the amount of "push" the mat gives back as the mat is compressed by the worker. This is often referred to as the "resilience" or "bounce" of the matting.

- **Resilience benefits for smaller workcells**

Standing on any surface for long periods of time can produce detrimental effects to the body. Our muscles are forced to work "statically" when we are standing. The muscles are in a constant state of contraction to hold the body in the proper posture. This contraction tightens the muscles and compresses the blood vessels, which ultimately reduces blood flow throughout the body. Anti-fatigue mats encourage subtle movement of the leg and calf muscles, creating motion or "dynamic" muscle movement. This dynamic movement results in increased blood and oxygen flow, which reduces fatigue in the body.

- **Resilience benefits for larger workcells**

In a work area requiring constant movement or walking (i.e. assembly line), a resilient mat will provide return-energy to the worker. As the foot presses into the mat, the matting pushes back against the foot. This return-energy allows the worker to expend less energy throughout the workday resulting in a decrease of fatigue. A soft mat that does not offer resilience will absorb the energy of the foot without returning it to the worker. This drains energy from the worker and increases fatigue throughout the day.

**SOFT = COMFORT**

**SUPPORT= FATIGUE RELIEF**

**SOFT + SUPPORT = HIGH-PERFORMANCE, ERGONOMIC MATTING**

**PERFORMANCE RATINGS**

**DRY AREA (Light-to-Medium Duty)**

The best anti-fatigue matting for dry, light-to-medium areas is a foam product. Thousands of air bubbles create a soft, comfortable cushion. Foam products are not recommended for areas of heavy debris or carts. Dry area mats are rated based on the amount of fatigue relief they provide.

**DRY AREA (Heavy-Duty)**

All matting in this category is designed to offer a durable top surface, long wear and fatigue relief. Heavy-Duty matting can withstand light cart traffic and resists cuts and tears. Dry area mats are rated based on the amount of fatigue relief they provide.

**WET AREA**

All wet area matting provides drainage while at the same time elevating the worker creating a safer working environment. The Terra Cotta mats are manufactured with a nitrile-blended rubber for added resistance to oils and greases. Since the wet area mats are molded products often product selection is based on the layout of the area requiring matting. Wet area matting is rated based on the amount of fatigue-relief they provide.

**OILY AREA**

These mats are designed for optimum performance for industrial applications with exposure to grease, oils, and fluids. Oily area mats are rated based on the resistance to common fluids and oils used in an industrial environment.

**About Crown Mats and Matting**

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line offered in our industry. Crown sells matting through an extensive network of highly trained sales representatives throughout the United States and worldwide. These sales experts are familiar with the features and benefits of all matting systems and are able to help their clients find the right system for virtually any application.

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