



CONNNEY[®] SAFETY

A DIVISION OF WESCO DISTRIBUTION, INC.

Matting Ready Reference

10/2018

1. The Law

A. OSHA 29 CFR 1910.22(a)

- OSHA requires employers to provide a clean, safe work environment
- This law states that “the floor of every workroom shall be maintained in a clean and, so far as possible, dry condition. Where wet processes are used, drainage shall be maintained, and false floors, platforms, mats, or other dry standing places should be provided where practicable.”

2. The Essentials

A. What Are the Categories of Mats?

Anti-Fatigue Mats

- Specifically purchased to help increase productivity and comfort for workers who must stand on their feet for long periods of time.
- A secondary benefit of these mats is that they're anti-slip.
- Can be made of solid rubber, PVC/vinyl sponge, or a Nitricell sponge. Nitricell is a Wearwell development combining nitrile rubber and PVC that yields immediate recovery for better comfort.
- Varying degrees of longevity or wear, based on how mat is constructed.
- Commonly have beveled or tapered edges to keep workers from tripping on the edge of the mat.
- Some mats can be purchased with yellow stripped borders for safety.

Anti-Slip Mats

- Specifically designed to prevent slipping in a wet or oily environment.
- A secondary benefit of these mats is that they're anti-fatigue.
- Most are made with holes in the mat to allow proper drainage.
- Commonly made of solid rubber, PVC, or nitrile rubber.
- Be aware that some mats are grease-resistant (typically comes with a 1 year warranty) or grease-proof (typically 3 year warranty).
- Grease-proof indicates that the mat will hold up longer to oils, solvents, or cutting fluids.
- Greaseproof mats commonly contain a nitrile additive which resists solvents better.
- Some anti-slip mats do not have beveled edges, so be aware of potential trip hazard.

Entrance Mats

- When choosing an entrance mat, consider the mat's properties of water retention, crush resistance, and soil removal.
- 15' of matting is required to remove the majority of dirt and moisture from foot traffic.
- 15' of matting allow each foot to make contact with the matting at least 3 times.
- 70-80% of interior soil is brought into the facility from foot traffic.

Specialty Mats

- **Non-Conductive Mats** – This type of electrical matting protects workers from shocks generated by high voltage equipment. It insulates the worker and is commonly referred to as switchboard matting.
- **Conductive Mats** – This matting protects sensitive equipment from static passed through the worker. Static electricity is easily generated by simply walking and is quickly passed on to equipment if not drained off the worker. These mats normally require a grounding cord, sold separately.
- **Clean Room Mat** – This is a convenient and economical way of trapping impurities in areas that require dust and dirt control. The white tacky surface pulls dirt and dust off shoe soles before they can contaminate a clean room.
- **Welding Mat** – This matting is specifically formulated to repel sparks and hot metal shards commonly associated with welding applications, yet provides good fatigue relief and slip-resistance.

B. How Do Anti-Fatigue Mats Work?

- Standing for long periods of time on hard floors is very uncomfortable and causes physical fatigue.
- Standing on hard floors also causes blood flow to be greatly reduced, causing pain and discomfort.
- Cumulative Standing Trauma (CST) is excess stress on the spine and back muscles due to stagnant body positions or poor distribution of body weight which may cause pain and injury.
- If a person is allowed to stand on an anti-fatigue mat, his muscles will subtly contract and expand as they adjust to the flexibility of the mat. This muscle movement increases blood-flow and increases the amount of oxygen reaching the heart, so fatigue is greatly reduced.

C. Is It Worth It to Use Anti-Fatigue Mats?

- 40% of industrial injuries sustained every year are the result of slips, trips, and falls in the workplace.
- The average cost of an injury is about \$40,000.
- Slips and falls to the same level injure nearly 1.7 million workers each year.
- In addition to the medical bills and reporting this creates, workers average 6-8 days off work or on restricted duty while recovering from these injuries.
- Slip and fall injuries account for about 65% of time lost from work.
- Companies are losing billions each year in reduced productivity, increased worker compensation costs, higher insurance rates, and absenteeism due to Cumulative Standing Trauma.
- Formal studies have proven that workers who stand on anti-fatigue mats are able to reduce the level of fatigue and discomfort by as much as 50%.

D. How Do the Matting Selection Guides Work?

- Most mats have a selection guide listed which indicates various comparison qualities on a good, better, best scenario.
- Please use discretion when making your comparisons, as fatigue relief is subjective to:
 - The workers' perception.
 - The age of the mat, as mats become less spongy and lose some rebound over time.
- Two mats may both be listed as "best" for fatigue, yet one mat may be noticeably more comfortable.
- Foam based mats are generally more comfortable than solid rubber or nitrile rubber mats, but they do not last as long.

Anti-Fatigue and Anti-Slip Mats

- Wear/Longevity
- Slip
- Fatigue

Entrance Mats

- Water Retention
- Crush Resistance
- Soil Removal

Non-Conductive Mats

- Wear
- Slip
- Insulation

Conductive Mats

- Conductivity
- Wear/Fatigue

E. Is It Cheaper to Buy or Rent Mats?

- Businesses often rent mats for their building entrances from a mat rental company that promises to clean and launder the mats at a scheduled time, replacing the dirty mat with a fresh, clean one. There are several things to consider before you sign up for a mat rental program:
 - More often than not, your after-hours cleaning crew maintains your mats as part of their regular job. Most cleaning crews never know that the entrance mats are already being laundered.
 - When a mat gets dirty after a heavy rain or snow early in the week, your only options are to spend the rest of the week with a dirty mat or call the rental company for a replacement. Of course, by calling, you will incur extra charges for a special delivery.
 - Mat rental programs cost only a few dollars a week, but over time, those dollars add up to a big expense. Often, companies find that with the money spent renting one mat, they could have purchased two to three mats for the same price. Plus, with two or three mats on hand, a fresh one could be used to replace a dingy one during heavy use periods.

3. Product Reference

- A. Custom Mat Options – Custom sizes are available for most products (we can even customize our Direct Safety Mats)
- B. Free Matting Samples – We offer Samples on many Wearwell Mats and some NoTrax Mats
- C. Beveled edging for Wearwell 24/Seven Solid and Drainage Mats – Customer will need two female and two male beveled edges to ramp all four sides of the mat. This creates a ramp to roll carts over and helps prevent tripping.
- D. Janitorial Products – To keep floors clean and dry
- E. Electrolyte Replacement Drinks – To help prevent fatigue
- F. Back Supports
- G. Add-A-Level Work Platforms and Add-A-Mats – To raise workers up higher
- H. Mega-Comfort Insoles (and others insole products)