



STANDING FOR LONG PERIODS CAUSES FATIGUE¹

Prolonged work in a standing, stationary position, slows the **circulation of blood** through the veins, making the heart **work harder**, which equates to a prolonged physical effort. This is the main cause of **fatigue**.

ARE YOU FAMILIAR WITH THE CONSEQUENCES OF FATIGUE?

- Diminished worker **productivity**
- Increased risk of **accident**
- Reduced worker **motivation** and morale

ERGONOMICS AS THE SOLUTION...

Ergonomics is the science of designing the workplace to maximize productivity by reducing fatigue and discomfort.

There is a significant correlation between the floor surface of a workplace and the fatigue of workers.² This situation can be easily rectified with proper ergonomic mats.

Find out why you should be concerned with employee fatigue.

THE LACK OF ERGONOMICS LEADS DIRECTLY TO MUSCULOSKELETAL DISORDERS (MSDs)

Musculoskeletal disorder is a condition that develops gradually as a result of repeated trauma.



MSD is the second most costly disease in Canada, more-so than Cancer!³

YOUR EMPLOYEES ARE AT RISK OF MSD!

- Lower back pain is more frequent when **25%** of 8 hour work shifts are in a standing position.⁴
- **83%** of workers in the manufacturing sector have chronic feet/leg and lower back problems.⁵
- Most commonly reported problems are:⁶
 - Disc herniation (lower back)
 - Venous pooling (legs and feet)
 - Osteoarthritis (articulations)

THE COST OF MSD IN CANADA:

- Canada's claim costs: **20 billion** dollars per year.⁷
- Workplace claim due to MSD: 42% of Ontario lost-time claim and cost claim.⁸
- From 2003 to 2007, **13,382,811 work days** were compensated due to MSD in Quebec.⁹

"This is a pertinent read. There exists effective solutions to reduce the fatigue of your employees who work in a standing position."

Marie-Pierre Dufort, Occupational Therapist, Syntetik conseil



Kindly circulate:

- Health & Safety Committee
- Production Manager
- Health Professionals
- General Manager / Owner

1. (Johansson, K., 1993, Advances in Industrial Ergonomics and Safety V – Djupsjobacka, M., 1994 and 1995, Influences on [...] of arachidonic acid, Influences on [...] of bradykinin and 5HT.)
 2. (Redfern, M.S., 1987, University of Michigan)

3. (Health Canada, Economic Burden of Illness in Canada 1998, 2002, www.hc-sc.gc.ca)
 4. (Ryan, G.A., 1989, The prevalence of musculo-skeletal symptoms in supermarket workers. Ergonomics 32 – Buckle, P., 1986, Musculo-skeletal disorders and associates factors)
 5. (King, M.S., 2002, A comparison of the effects of floor mats and shoe in-soles on standing fatigue. Applied Ergonomics 33)
 6. (USA Bureau Of Labor, www.bls.gov)
 7. (Canadian Centre for Occupational Health & Safety (estimate of 1998), www.ccohs.ca)
 8. (Workplace Safety and Insurance Board, 1996 – 2004, www.wsib.on.ca)
 9. (Comité Santé et Sécurité au Travail, 2007, www.csst.qc.ca)



ERGONOMIC MATTING AT WORK...

Anti-fatigue matting is specially designed to reduce fatigue and injury related to discomfort. They are conceived to **create micro movements** under the worker's feet, thus activating blood circulation and preventing musculoskeletal disorders.¹⁰ They are also designed to **reduce slip and fall injuries**.

Results of the study¹¹

Below are the results of a 12-month study, conducted in an American manufacturer. This 175-employee company was the best employer in a 30-mile radius.

Productivity gain was attained due to a decrease in lost time resulting from injury and as such a lower rate of absenteeism.

Lower rate of Absenteeism:	23%
Increased Productivity:	2.2% or \$300,000
Reduced Insurance Premiums:	\$60,000
Total Cost Savings (USD):	\$360,000

HOW IS THIS POSSIBLE?

Those results were made possible by investing only **\$10,000** in ergonomic matting to cover every working zone requiring a mat.

WHAT ARE YOU WAITING FOR TO TAKE ACTION? THESE WORKSTATIONS ARE ALL AT RISK!

- Cashier stations
- Laboratories
- Dental / Medical workstations
- Assembly / production lines
- Packaging areas
- Welding stations
- Locker rooms / Showers
- Kitchens / Cafeterias / Bars
- Service counters
- Any other static or slippery work spaces

In conclusion...

The benefits of ergonomic mats are well proven. You have everything to gain:



- ▲ Productivity
- ▲ Safety
- ▲ Alertness
- ▲ Mood & comfort
- ▼ Accident
- ▼ Absenteeism
- ▼ Insurance Premiums
- ▼ Personnel rotation

WHO IS MAT TECH?

Situated in Canada for almost 25 years, Mat Tech is a manufacturing company specializing in ergonomic mats. The Company is "the" Canadian leader in terms of innovation, quality and service.

Mat Tech responds to your needs



The Company has developed Zedlan™, a component that provides the best anti-fatigue performance in the world! This patented technology is one of the many ergonomic solutions offered throughout the Company's extensive distribution network.

"Anti-fatigue mats are a regular part of the solutions offered to my clients. I strongly recommend them..."

Marie-Pierre Dufort, Occupational Therapist, Syntetik conseil



CONTACT ONE OF THEIR TECHNICAL SPECIALISTS FOR A FREE EVALUATION OF YOUR NEEDS.

Call 1-800-363-6185

www.mattech.ca

¹⁰ (Redfern, M.S and Chaffin, D.B., 1995, Influence of flooring on standing fatigue, Kim, J.Y., 1994, The effects of mats on back and leg fatigue. Applied Ergonomics 25)
¹¹ (Shomam, M., June 2007, Do Anti-Fatigue Mats Really Boost Worker Productivity? www.ezinearticles.com)