Anti-Fatigue Standing Mats

DT Workshop Equipment Reference — D&T / STEM resource for school workshops | Safety & First Aid

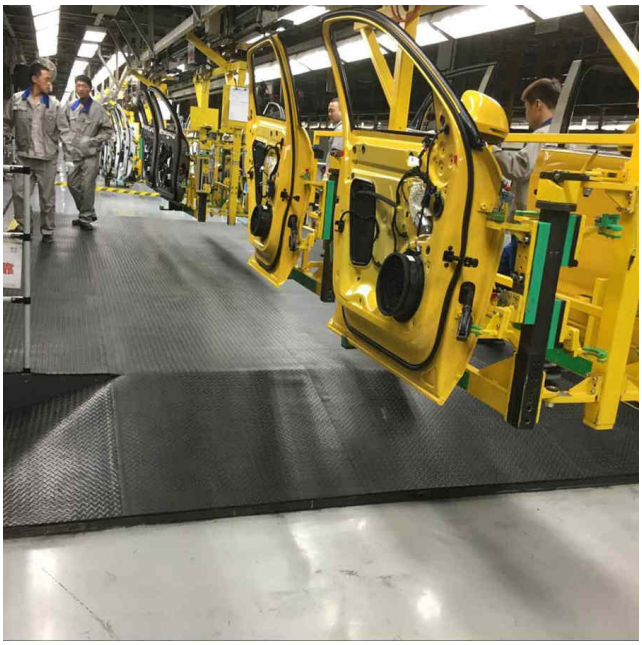

Photo: Haleguan — CC BY-SA 4.0 — via Wikimedia Commons (Anti-fatigue_mat_used_in_automotive_assembly_line.jpg)

Anti-fatigue mats cushion standing work at machines, benches and soldering stations, reducing leg and back strain during long lessons or shifts. The cushioned surface encourages subtle movement that keeps circulation going and improves comfort and focus.

Key Features

- Cushioned rubber or foam cores
- Non-slip top surfaces and bevelled edges
- Sizes for workstations and machine bays
- Oil, grease and chemical resistant types
- Built-in wear indicators

Typical Uses in the Workshop

- Stand comfortably at benches and machines
- Support long practical lessons
- Protect floors in work areas
- Reduce slips on wet or oily floors

Safe Operation

1. Lay the mat flat on a clean dry floor
2. Position it so the work is reached without strain
3. Wipe spills promptly from the surface
4. Check the edges do not trip
5. Replace mats that flatten or crack

SAFETY NOTES

- Keep mat edges clear of doorways
- Do not stack or fold mats that trip
- Check mats do not trap cables
- Use oil-resistant types in the metal area
- Replace worn mats to keep grip

Maintenance & Consumables

- Sweep and wipe mats regularly
- Hose down and dry outdoors when dirty
- Check the underside grip
- Rotate mats to spread the wear
- Store flat when not in use

Specification & Buying Notes

Buy mats with a non-slip top and sturdy bevelled edges sized to the workstation. Thicker (15-20 mm) mats last longer. Oil-resistant models suit anywhere fluids appear.