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| **Anti-Fatigue Mats/Insoles Checklist** |

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| **Company:** | Click or tap here to enter text. | **Workstation Name:** | Click or tap here to enter text. |
| **Prepared by:** | Click or tap here to enter text. | **Department:** | Click or tap here to enter text. |
| **Date:** | Click or tap to enter a date. | **Document Number:** | Click or tap here to enter text. |

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| **“NO” answer indicates need for additional investigation.** | |
| * Need for anti-fatigue mats has been identified and incorporated into the workstation. | Select YES or NO. |
| * Appropriate anti-fatigue mats have been identified and obtained. Criteria for anti-fatigue mats includes: * Sized to provide full coverage for area of standing and walking * Do not have one foot on and one foot off mat – both feet need to be positioned on mat * Thickness and density that provides for cushioning of the feet * Stays in position – does not slide around on floor * Beveled edge – need to limit trip hazard * Suitable for environment of the area: * ESD (electro static discharge) * Chemical resistance (surface) * Water drainage * Slip resistance (coefficient of friction) | Select YES or NO. |
| * Need for anti-fatigue shoe insoles has been identified and incorporated into the shoe program. Criteria for insoles includes: * Proper cushioning for the foot * Shoe size allows enough space for the insoles * Insoles are removable and replaced as they wear out | Select YES or NO. |
| * A combination of anti-fatigue mats and shoe insoles has been determined to provide the best combination of controlling compression and improving foot comfort when standing/walking. * Shoe insoles used in traffic areas where carts are employed * Anti-fatigue mats used at workstations that involve primarily stationary standing | Select YES or NO. |