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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. |