



## ErgoMates™ Give You More

- **More mobility.** Your movement is not limited by the size of a mat.
- **More safety.** Eliminate mat edges that cause trips plus added anti-slip characteristics of Ergomates™ sole.
- **More comfort.** Ergomates™ are worn over your footwear and do not compromise the footwear or dynamics of your foot like an insole may.

## Additional Features and Benefits

- ErgoMates™ help to prolong the life of your footwear by protecting your heel and sole from wear and tear.
- ErgoMates™ help reduce injuries and claims due to slipping and falling.
- ErgoMates™ are washable and can be cleaned in the washing machine.
- ErgoMates™ unique strapping system securely fastens to almost any footwear and will not shift.
- ErgoMates™ provide insulation from the cold floor.



ErgoMate ESD

ErgoMates™ can significantly impact employee morale, health, safety and your organization's bottom line!

Musculoskeletal disorders accounted for almost one third of the injuries and illnesses with days away from work.

- MSD contributed to 32% of Total Days Away from Work accounting for a total of 402,700 days.
- Of the MSD's 13.2% are attributed to back pain, lower body soreness and connective tissue problems.

Source: US Bureau of Labour Statistics, US Department of Labour, November 2005

### Available in five sizes:

XS, Small, Medium, Large and XL (Sizes range from Women's 4 up to Men's 15)

Sizing chart available at [www.ergos.ca](http://www.ergos.ca)

### Models available:

ErgoMate  
ErgoMate MD  
ErgoMate ESD  
ErgoMate H<sub>2</sub>O  
ErgoMate Lite

# Tired Feet? Sore Knees? Sore Back?

NOW... there is a **safe, easy to use, cost effective, solution...**

## SUITABLE FOR:

Warehouses  
Factories  
Assembly Lines  
Machine Shops  
Retail Outlets,  
Cashiers/Clerks  
Laundry Facilities  
Health Care Facilities  
Postal Workers  
Food Processing  
**Any situation requiring prolonged standing**



ErgoMate

**ErgoMates™**  
Anti-Fatigue Matting You Wear



ErgoMate H<sub>2</sub>O

The world's only mobile anti-fatigue and anti-slip matting system you wear over your existing footwear.

 **ergos** [www.ergos.ca](http://www.ergos.ca)  
1-866-849-4747

 Contact Ergos, or a distributor near you, for more information:  
**ergos 1-866-849-4747 [www.ergos.ca](http://www.ergos.ca)**

**Improve Comfort, Energy and Vitality**  
ErgoMates™ dramatically reduce pain and fatigue experienced when standing or walking on hard surfaces for an extended period of time.



**ErgoMate Lite**

Available in brown, black and white.

# ErgoMates™

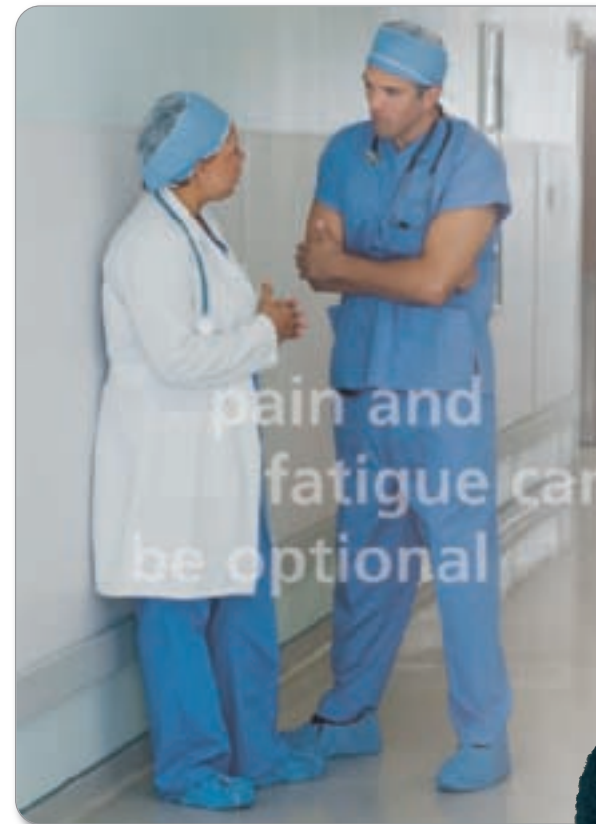
**Anti-Fatigue Matting You Wear**

**ErgoMates™ are ideal for:**

Anyone standing or walking for extended periods of time on hard, smooth surfaces.

Any area where anti-fatigue matting is impractical due to length required or moving equipment.

Anyone who wants to compliment a well-designed anti-fatigue program.



## ErgoMates™ – providing relief from the daily grind

ErgoMates™ Mobile Anti-fatigue Matting System was designed specifically for the standing and mobile worker, and takes a proactive approach to addressing fatigue and related issues in the workplace.

ErgoMates™ patented design effectively allows the muscles to expand and contract naturally as they adjust to the flexibility and subtle give-and-take of the cushioning material.

This improves circulation, minimizing fatigue from standing and cumulative trauma from working and walking on concrete, insulating the worker from the negative effects of impact shock, vibration and cold floors.

**Wearing ErgoMates™ helps to reduce fatigue by as much as 50%**

In providing relief to the employee, ErgoMates™ help to make the workplace safer while saving the company money in lost productivity, health care and insurance costs.

### What people are saying about ErgoMates™

**“ErgoMates™ eased my heel, knee, ankle and impact from the concrete. Thanks.”**

William, US Airways, Heavy Maintenance

**“I stand and walk around without a mat and I could not believe the difference the ErgoMates™ made. It was wonderful.”**

Mary K, Zen Hair, Studio Stylist

**“Wearing ErgoMates™ eased the pain in my lower back immensely. It also gave me traction on the slippery floor I work on.”**

Roanne W., Assembly Line Worker

**“I suffer from chronic back pain and find the type of safety shoes required for my job make my feet sore. The ErgoMates™ were comfortable from the onset. They are very stable even on ladders.”**

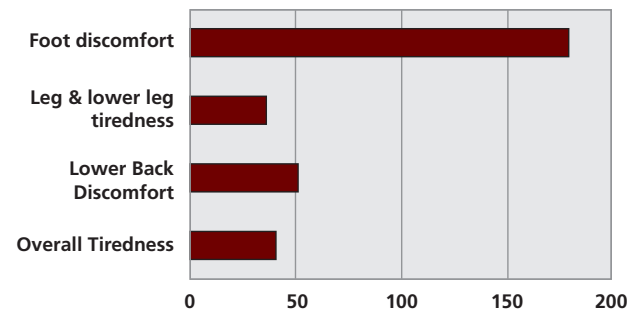
Jim, Home Depot, Sales Associate (tested for 160 hrs)

### Fatigue caused by long-term standing is a problem that is easily ignored

Standing requires about 20% more energy than sitting. A person who spends the greater percentage of a workday standing or moving around is prone to experience major discomfort and excessive physical fatigue. Fatigue is a result of the considerable muscular effort required to keep the body in an upright position, even when standing motionless. Blood supply to the loaded muscles is reduced accelerating the onset of fatigue and causing pain in the muscles and joints of the feet, legs, back and neck. Fatigue caused by long-term standing is a problem that is easily ignored. Research shows a direct relationship between worker comfort, and safety and productivity in the workplace. ErgoMates™ are designed to reduce these fatigue factors as shown in the chart below.

#### ErgoMates™ Reduce Pain & Fatigue

A physiological study (1) in 1999 found the type of matting used for ErgoMates™ extended the time until fatigue became excessive, by the following percentages:



Note: (1) Influence of flooring on standing comfort and fatigue, by Rake Cham and Mark S. Redfern, University of Pittsburgh

Another study showed a 60% reduction to under foot pressure.

#### ErgoMate MD

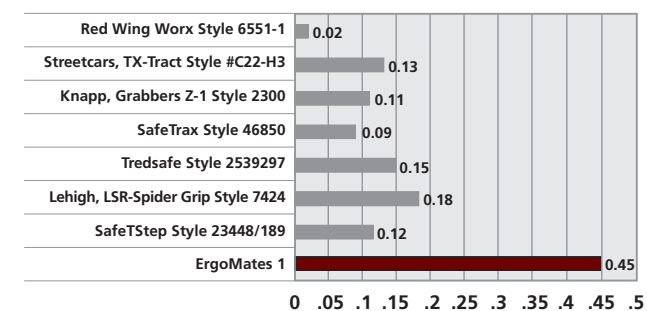
Sole treated with Bio-Pruf™ antimicrobial protection helps control mold, mildew, yeasts, algae and other troublesome microbes.



Slippery floor surfaces often cause slips, trips and falls. Anti-slip footwear does not address anti-fatigue issues or may be uncomfortable. ErgoMates™ achieved a slip resistance rating, independently tested, of .45 (see chart below). ErgoMates™ do all this plus address your anti-fatigue issues at the same time.

#### ErgoMates™ Provide Excellent Slip Resistance

Slip Resistance Test: ASTM F1677, Quarry Tile Surface. Tested by Richard Hannon at Precision Testing Laboratories, an independent QLL testing service. www.precisiontesting.com



Note: (2) Scale: 0.0 is free of any resistance 1.0 is very high friction (i.e. dry semi-rough concrete)  
Note: (3) Tile used in testing is a used quarry tile contaminated with oil & water.



designed to reduce impact shock, pain and discomfort

[www.ergos.ca](http://www.ergos.ca)

1-866-849-4747