

# AFS-TEX<sup>TM</sup>

## ANTI-FATIGUE SYSTEM

A totally new and unique Anti-Fatigue range that provides the ultimate combination of standing comfort & body support.

### Ergonomic Working Practices: Sit or Stand?

Maximizing our well-being at work is dependent on many factors, but physical health can be heavily influenced by time spent sitting down versus standing up.

Excessive sitting is a key risk factor in 4 out of 7 of the leading causes of death:  
Heart Disease • Cancer • Strokes • Diabetes

But excessive standing also has its issues!

Here, we summarize the key health issues and the pros & cons associated with both sitting & standing. We also highlight the very facts that have resulted in the development and design of the AFS-TEX anti-fatigue solution.

Introducing the optimum ergonomic solution for sit & stand desking

## SIT TO STAND

ERGONOMIC PERFORMANCE

MAXIMUM HEALTH SUPPORT

ANTI-MICROBIAL PROTECTION





## The Ergonomics of Sitting or Standing at work.

In recent years there has been much debate as to how we should conduct our working lives without causing ourselves physical harm. Should we sit or should we stand? What can we do to reduce health risks of with both options?  
The following study highlights the health issues associated with both sitting and standing - and summarizes the pros and cons of each.

### So is sitting too much is bad for you?

Global studies show, on average, we sit for 7.7 hours a day and some results estimated that people can sit for up to 15 hours a day!

We sit as we commute, work, eat meals and while watching TV - and it's far from healthy.

Excessive sitting impacts our body's metabolic system: "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease. Sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting.

**We are sitting ourselves to death."**

James A. Liven, M.D., Ph.D. - Prof. Of Medicine, Director Obesity Solutions, Mayo Clinic & Arizona State University

Studies have shown some dramatic effects caused by sitting for long periods of time. Sitting increases your chances for developing diabetes, cardiovascular disease, and blood clots or thrombosis. Those who sit a lot are 54% more likely to have a heart attack. Men who sit more than 6 hours a day have a 20% higher mortality rate. Women have a 40% higher mortality rate. If you sit for more than 23 hours a week you are 64% more likely to die from heart disease.

What's more, studies have also shown that regular exercise does not counteract the effects of prolonged sitting. The only way to reduce or eliminate the negative impact of prolonged sitting is to not do it.

In short, excessive sitting is a key risk factor in 4 out of 7 of the leading causes of death: **Heart Disease, Cancer, Strokes & Diabetes.**

### So standing is better?

Standing all day is no better than sitting all day, says Alan Hedge, Professor of Ergonomics, Cornell University.

"If what you're doing is replacing sitting with standing, you're not actually doing your body any favours," he says. "In fact, you're introducing a whole variety of new risk factors."

Research into workers standing for four hours or more of each day highlighted that it leads to aching muscles, corns, bunions and excess pressure on hip, knee and ankle joints. Other symptoms included lower limb swelling, varicose veins and back pain.

In addition, coronary heart disease and arthritis can also be worsened by standing for long periods. Standing uses 20% more energy than sitting but also burns 20% more calories.

Fortunately, all this can be avoided by simply alternating between sitting and standing on a regular basis.

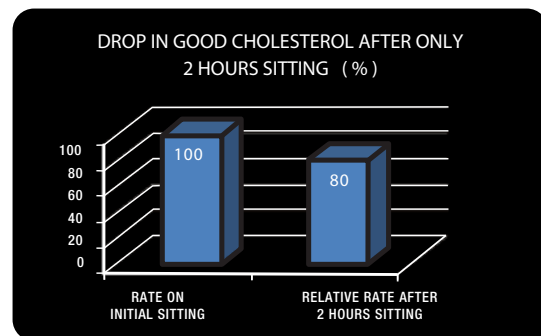
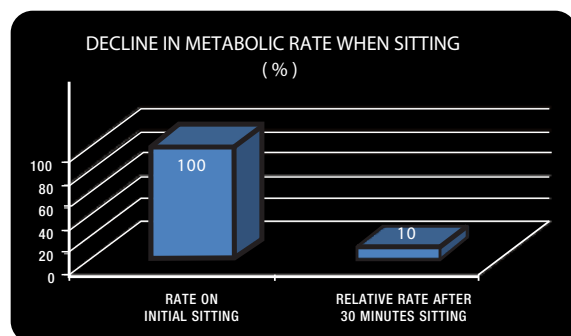
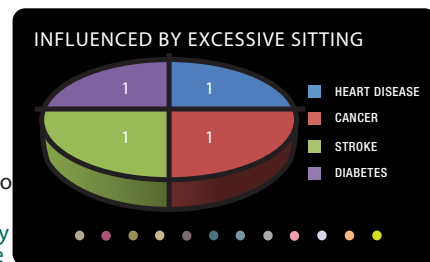
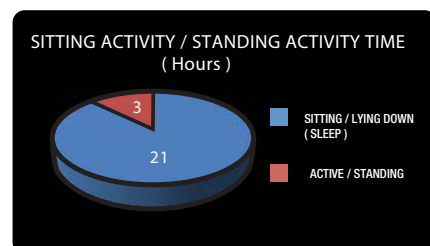
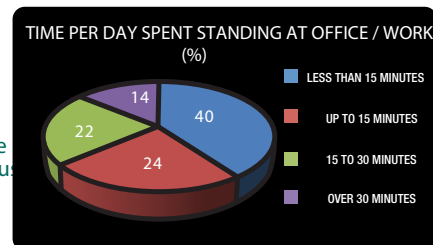
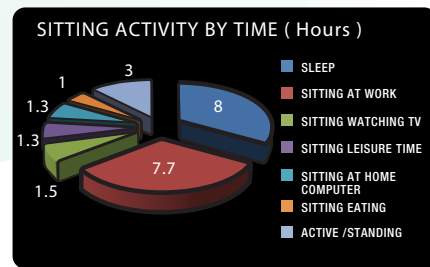
### So a mix of sitting and standing is best?

"If you go from sitting to standing and vice versa frequently throughout the day...that completely eradicates any of the supposed risk factors associated with sitting, or indeed with standing," continues Alan Hedge.

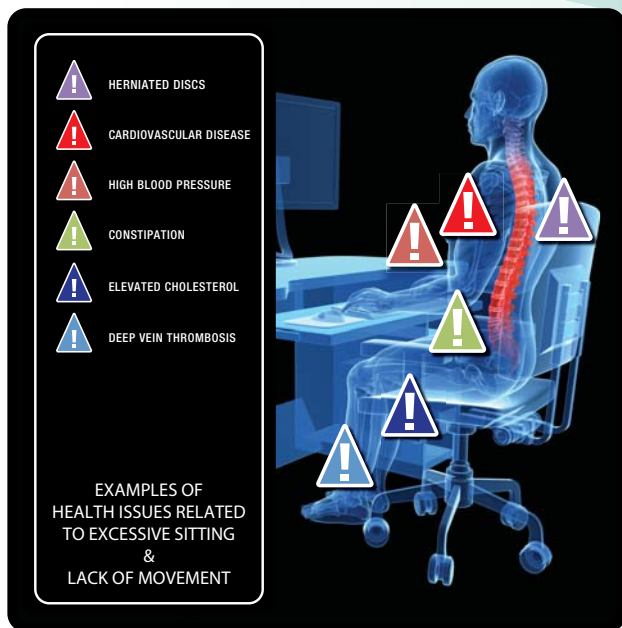
It's important to stand and sit during the day and let your body tell you when it's time to move!

Gavin Bradley, director of Active Working, an international group aimed at reducing excessive sitting that, along with Public Health England stated:

"It's all about mixing it up. Metabolism slows down 90 percent after 30 minutes of sitting. The enzymes that move the bad fat from your arteries to your muscles, where it can get burned off, slow down. The muscles in your lower body are turned off. And after two hours, good cholesterol drops 20 percent. Just getting up for five minutes is going to get things going again. These things are so simple they're almost stupid."







#### Further issues with excessive sitting & lack of movement

The disks in your back are designed to expand and contract as you move, which allows them to absorb blood and nutrients. When you sit, the disks are compressed and can lose flexibility over time and can also increase your risk of herniated disks. When you sit for a long period of time your muscles burn less fat and your blood begins to flow slowly, allowing fatty acids to easily clog your heart.

Sitting has been linked to:

**High Blood Pressure, Elevated Cholesterol and Cardiovascular Disease.**

Sitting down after you have eaten causes your abdominal contents to compress, slowing down digestion.

Sluggish digestion can lead to cramping, bloating, heartburn, and constipation due to microbial imbalances in your body.

Lack of movement slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called Deep Vein Thrombosis (DVT).

A combination of sitting and standing is definitely the most effective ergonomic solution to working in the home or office.

Regularly switching between the two, using sit or stand adjustable desking, will significantly reduce the negative effects we have described.

**However, to maximise the benefits of standing, it's vital that it's done correctly!**

Use of the right ergonomic products, whether sitting or standing, helps maximise comfort and makes the most of both options

Research suggests a ratio of 2:1 sitting time versus standing time appears to be optimal for comfort and energy levels, without affecting productivity.

Alternating between sitting and standing will result in increased alertness, concentration & productivity, improved blood circulation and relief from muscle ache caused by static posture.

However, there's more to it than that!

**Getting it right = move, move, move!**

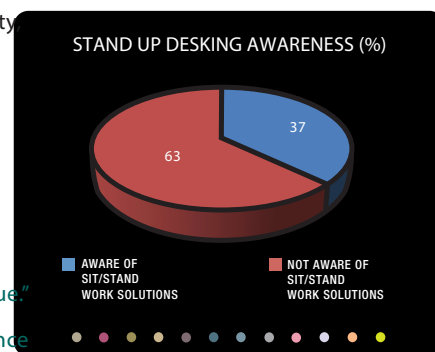
*"It doesn't matter if you're standing or sitting, if you're doing it statically, your body wasn't designed that way,"*

says Ken Tameling, an ergonomic seating expert at the furniture company Steelcase.

Tameling continues,

*"You need to move. Even if you just fidget, any kind of micro-movement is going to give you some value."*

James A. Levine also states: "Step one is get up. Step two is learn to get up more often. Step three is, once you're up, move."



## **Now there is a totally new ergonomic solution that meets the need to keep you moving while you stand!**

The AFS-TEX™ Anti-Fatigue System is a product range designed specifically around the health benefitting criteria identified above. It is a range that provides the best solution to answering the need for maximum ergonomic relief when standing.

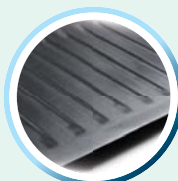
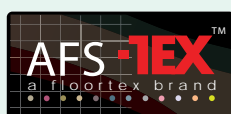
As Stand-to-Sit, Stand-Up Desking and Perch Stools becomes more prevalent in the workplace and home, the AFS-TEX™ System provides the perfect companion, or stand alone solution, to compliment this medically important new workplace lifestyle.

The AFS-TEX™ range of matting identifies the need to sit, stand and MOVE, vital components if the health benefits of Sit-to-Stand are to be fully appreciated.

Subconscious 'trigger features' that stimulate movement are designed into the product range to promote small repetitive changes in standing position. As we have identified, these movements are critical in stimulating blood flow, improving circulation and increasing the body's metabolism for optimum and healthier fatigue relief.

Combined with a specifically produced formulation of polyurethane and a choice of material thicknesses designed to provide different levels of pressure reduction on the body, the AFS-TEX System caters for all needs.

The additional feature of an Anti-Microbial additive, within our formulation, also provides an extra level of protection, ideal for users who prefer to stand without footwear - enhancing the optimum performance benefits from the AFS-TEX system.



ERGONOMIC PERFORMANCE

MAXIMUM HEALTH SUPPORT

ANTI-MICROBIAL PROTECTION

# INTRODUCING THE AFS-~~TEX~~<sup>TM</sup>-FATIGUE SYSTEM

A totally new and unique Anti-Fatigue range designed to provide the ultimate combination of standing comfort & ergonomic body support.



Very soft mats provide great comfort for very short periods but may ultimately increase fatigue and the risk of injury due to surface instability that causes body sway.

Mats that are too hard or "bottom-out" through normal body weight are little better than standing on conventional flooring.

AFS-TEX<sup>TM</sup> System solutions are tested to relieve the strain of prolonged standing by up to 54%, induced by providing the prime mix of mat compression and body support through optimal material firmness.

By providing the optimum ergonomic standing surface, compression levels allow and encourage small movements that stimulate blood flow, metabolic rates and circulation. Progressive repositioning while standing prolongs comfort, further reduces fatigue and helps ensure maximum well-being and productivity.



The range also contains an Anti-Microbial Ingredient for added protection within the home or office environment. The Anti-Microbial additive helps keep the mat fresh and is designed to work alongside regular cleaning routines for maximum effectiveness. For users who prefer to stand without footwear, this feature provides an added level of hygiene and peace of mind.

This in-built active Anti-Microbial ingredient will not wear away or wash off and so works 24/7 for the life of the product.

AFS-TEX<sup>TM</sup> Anti-Fatigue Mats provide the ultimate ergonomic solution for prolonged standing and are the perfect accessory for use with the extensive range of Sit-2-Stand & fixed height standing desks now available.

Also ideal for use with Perch Stools which allow users an ergonomic work stance half way between sitting and standing. While these perch stools reduce the pressure on feet, used in conjunction with an AFS-TEX System mat, the benefits increase dramatically!

The System 5000 S2S provides the ultimate ergonomic solution for both sit & stand working by addressing the best practice for both activities.

Our AFS-TEX<sup>TM</sup> ranges are also environmentally friendly. All are non-toxic, Phthalate Free and free from formaldehyde or toxic heavy metals making them safe for use around children or pets.

AFS-TEX<sup>TM</sup> System Mats are backed by our 10 Year Limited Warranty for added peace-of-mind.

ERGONOMIC PERFORMANCE

MAXIMUM HEALTH PERFORMANCE

ANTI-MICROBIAL PROTECTION

## AFS-~~TEX~~<sup>TM</sup> system 2000

- High gauge 18mm / 0.7" polyurethane construction.
- Designed to provide optimum compression levels for body support & comfort.
- Ergonomic print design to encourage progressive movement while standing.
- Built-in anti-microbial protection 24/7.
- Anti-Slip Base.
- Built-in anti-microbial active ingredient will not wear away or wash off.
- Works 24/7 for the life of the product.
- Contoured curl-proof edging ensure System 2000 mats will remain totally flat.
- 20 Degree ADA trip hazard compliant bevelled edging for maximum safety in the home or office.
- Environmentally friendly. Non-toxic and phthalate free.
- Free from formaldehyde and toxic heavy metals.
- Safe for use around children or pets.
- 10 Year Limited Warranty for peace-of-mind.

Tested to reduce pressure on the body by up to 40%



Use when wearing raised heeled footwear will reduce the mats effectiveness and is likely to puncture the mat surface. Damage caused by use while wearing high heels is not covered by the product warranty.



IN-BUILT ANTI-MICROBIAL PROTECTION THAT LASTS THE LIFE OF THE PRODUCT.



ANTI-SLIP BASE with 'EASY SLIDE' PROFILE FOR REPOSITIONING.



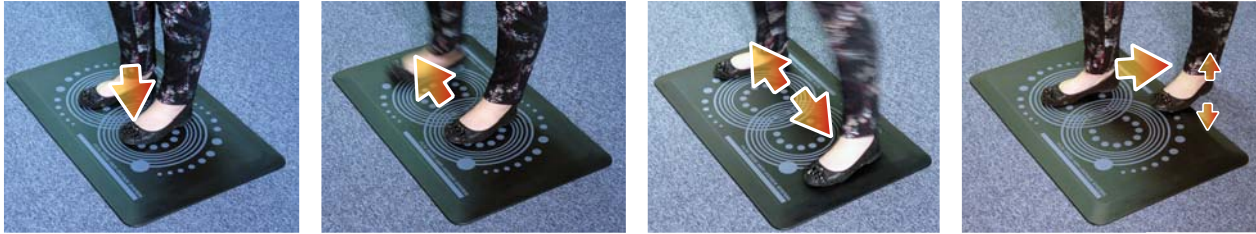
The ergonomically designed print on the surface of the AFS-TEX 2000 is designed to encourage continual foot movement ( this significantly enhances fatigue relief ) by acting as a mental trigger to remind you to keep moving.

Using the print design as a guide, regularly reposition your stance to stimulate blood flow in the feet and lower legs, this increases your metabolism and provides maximum fatigue relief.

For example, as a starting point, stand with one foot within each circle and then alternately move each foot to the edge of the print design and back again.

These simple movements ensure weight distribution and pressure on the feet and ankles is constantly adjusting.

Make up your own moves using the print as a stimulus!



For maximum effect ensure use of the full central area of the mat and also utilize the bevelled edging to stretch ankle and lower leg muscles for added relief.



## AFS-TEX™ system 3000

Tested to reduce pressure on the body by up to 46%

- Premium gauge 20mm / 0.8" polyurethane construction with polyester covering.
- Designed to provide Optimum+ compression levels for body support & comfort.
- Durable but fine polyester covering provides a tactile standing surface.
- Built-in anti-microbial protection in both the mat body and cover works 24/7.
- Anti-Slip Base.
- The tactile polyester covering provides an added level of comfort, particularly for users who prefer to remove footwear while standing and also provides extended mat width allowing added body movement.
- Built-in Anti-Microbial content, in both the body and material cover, provide maximum effectiveness and added hygiene to your work or home environment.
- Contoured curl-proof edging ensure System 3000 mats will remain totally flat.
- 20 Degree ADA trip hazard compliant bevelled edging for maximum safety in the home or office.
- Environmentally friendly.
- Non-toxic and Phthalate Free.
- Free from formaldehyde and toxic heavy metals.
- Safe for use around children or pets.
- 10 Year Limited Warranty for peace-of-mind.

PREMIUM GAUGE 20mm/0.8in SPECIALLY FORMULATED POLYURETHANE CONSTRUCTION WITH FINE POLYESTER GRADED TACTILE SURFACE FOR EXTRA COMFORT.



LIKE ALL AFS-TEX MATS, THE SYSTEM 3000 IS DESIGNED TO ENCOURAGE THE FOOT AND LEG MOVEMENTS THAT STIMULATE BLOOD FLOW AND INCREASE METABOLIC RATES.

ALTHOUGH NOT AS OBVIOUS AS THE SYSTEM 2000'S VISUAL TRIGGERS, THE SYSTEM 3000 HAS OPTIMUM+ THICKNESS, A TACTILE SURFACE & BEVELLED EDGES THAT SUBTLY ENCOURAGE MOVEMENT FROM THE USER.

IN-BUILT ANTI-MICROBIAL PROTECTION THAT LASTS FOR THE LIFE OF THE PRODUCT.



Use when wearing raised heeled footwear will reduce mats effectiveness and is likely to puncture the mat surface. Damage caused by use while wearing high heels is not covered by the product warranty.



**AFS-TEX™**  
a floortex brand

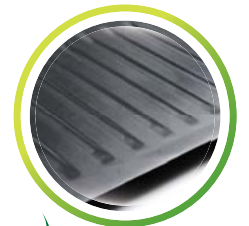




● MASSAGE PODS & MOVEMENT TRIGGER FEATURES THAT ENCOURAGE MOVEMENT & METABOLIC STIMULATION



GRADUATED RAISED SURROUND FOR LOWER LEG & ANKLE EXERCISE with 20° ADA COMPLIANT EDGE.



ANTI-SLIP BASE with 'EASY SLIDE' PROFILE FOR REPOSITIONING.



LATERAL PULL/PUSH POINT & DUAL PURPOSE 'ERGO-BAR'.

IN-BUILT ANTI-MICROBIAL PROTECTION THAT LASTS FOR THE LIFE OF THE PRODUCT.



CENTRAL ANTI-FATIGUE PLATFORM.

## AFS-1EX<sup>TM</sup> system 5000

Tested to reduce pressure on the body by up to 54%

The Ultimate Ergonomic Solution for Comfort & Productivity at your Standing Desk

- Combining our premium Anti-Fatigue formulation with added features and benefits specifically developed for users of Sit-2-Stand & fixed height standing desks.
- Solid, ergonomically designed polyurethane construction with contoured non-linear profile of between 20mm / 0.8" to 50mm / 2.0" to stimulate blood flow, metabolic rates and circulation by optimizing posture movement.
- Provides optimum compression levels for body support & comfort while encouraging subconscious and regular repositioning of standing position and posture.
- Stimulates blood flow in the lower leg and feet resulting in higher metabolic rates that result in increased comfort and reduced fatigue.
- Raised surround feature for rocking of feet and stretching the ankles that stimulates calf muscles and adds variety to your standing posture, keeping your blood pumping.
- The additional raised massaging profile provides added fatigue relief and is particularly effective when used after removing foot wear.
- Elevated dual-purpose Ergo Bar allows higher level individual foot stretches while also acting as a foot operated push/pull facility to move the mat into position when switching from sitting to standing.
- The generous 26" x 36" dimension allows extended movement opportunities and provides for maximum flexibility in use.
- The embossed top surface is guaranteed not to lose support over time and will continue to give maximum ergonomic performance.
- The anti-slip base provides maximum stability in use while allowing gentle sliding on our specifically designed Sit & Stand Ultimat Chair Mat. This facilitates easy push/pull of the mat into working or storage position as the user alternates between sitting and standing.\*
- The anti-microbial additive helps keep the mat fresh and is designed to work alongside regular cleaning routines for maximum effectiveness. For users who prefer to stand in bare feet this feature provides an added level of hygiene and peace of mind.
- The in-built active anti-microbial ingredient will not wear away or wash off and so works 24/7 for the life of the product.



AFS-1EX<sup>TM</sup>  
a floortex brand

Use when wearing raised heeled footwear will reduce the mats effectiveness and is likely to puncture the mat surface. Damage caused by use while wearing high heels is not covered by the product warranty.





# AFS-TEX<sup>TM</sup> system 5000 s2s

## The Ultimate Ergonomic Solution for Sit & Stand Working.

Use the AFS-TEX System 5000 in combination with our custom designed **Ultimat Polycarbonate Chair Mat** for the ultimate sit & stand ergonomic solution.

Designed specifically to work in combination with the AFS-TEX 5000 Anti-Fatigue Mat, the Ultimat is manufactured using our Original Floortex Polycarbonate formulation - making it virtually indestructible under normal usage and at the same time providing a superior easy-glide surface for chair castor movement.

Available with grippers for carpets or smooth backed for hard floors, the clear easy-glide top surface significantly reduces the effort required to move about while seated.

This in turn reduces the stress and strain placed on the users back and lower legs - making it the ultimate ergonomically sound chair mat.

The contoured shape and size is designed to provide the perfect 'runway' for the AFS-TEX 5000 mat.

AFS-TEX System 5000 underside ribbing is designed to be stable on standard hard floors or carpets but to have controllable slide when used with the Sit & Stand Ultimat.

Use the ergonomic easy glide Ultimat chair mat when seated, then pull the System 5000 mat from under the desk when moving to a stand-up working position.



The Ultimat easy-glide top surface significantly reduces the effort required to move about while seated - reducing the stress and strain placed on the users back and lower legs.

Available in Hard Floor and Carpet options.



The AFS-TEX SYSTEM 5000 S2S is the best combination of Ergonomic & Anti-fatigue Technology aligned with design expertise.

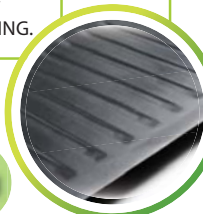
This makes it far superior to any single product options that try to inadequately address the Sit-to-Stand question.

The ultimate performance chair mat and the ultimate performance stand up mat - the ultimate solution for Sit-to-Stand working!

### SIT TO STAND



USE THE LATERAL PULL / PUSH POINT 'ERGO-BAR' TO MOVE THE 5000 AWAY FROM THE SEATING AREA WHEN SITTING.



ANTI-SLIP BASE with 'EASY SLIDE' PROFILE FOR REPOSITIONING.

WHEN RETURNING TO A STANDING POSITION, USE THE 'ERGO BAR' TO BRING THE 5000 BACK INTO THE CORRECT POSITION FOR STANDING.



THE SPECIFICALLY DESIGNED SYSTEM 5000 S2S ULTIMAT WORKS IN ERGONOMIC HARMONY WITH THE SYSTEM 5000 ANTI-FATIGUE MAT AND IS AVAILABLE IN BOTH HARD FLOOR AND CARPET CONFIGURATIONS.

Be taken to position your AFS-TEX 5000 Mat under the desk when not in use - to eliminate the possibility of tripping to passing traffic. Use when wearing raised heeled shoes will reduce the mats effectiveness and is likely to puncture the mat surface. Damage caused by use while wearing high heels is not covered by the product warranty.



ERGONOMIC PERFORMANCE

MAXIMUM HEALTH SUPPORT

ANTI-MICROBIAL PROTECTION



The ultimate Sit & Stand Solution



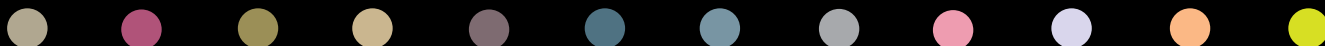
# AFS-1EX<sup>TM</sup>

ANTI-FATIGUE SYSTEM  
a floortex brand



THE QUEEN'S AWARDS  
FOR ENTERPRISE:  
INTERNATIONAL TRADE  
2015

**FLOORTEX**<sup>®</sup>  
solutions  
the experts in surface  
protection



ERGONOMIC PERFORMANCE

MAXIMUM HEALTH SUPPORT

ANTI-MICROBIAL PROTECTION