

Trelleborg SoftWalk

WORKPLACE MATTING



Always choose SoftWalk

as a preventative measure

Trelleborg Rubber Flooring has developed rubber matting with unique properties that is to be used for work involving long periods of standing in any industry. SoftWalk is an ergonomic, resistant and sound-absorbing mat with a wear-resistant top layer and a soft underside of cellular rubber.

Peter Andersson, certified physiotherapist with a degree in orthopaedic medicine stage 2, works at Trelleborgskliniken and for the football team Trelleborgs FF. He has 15 years of experience in corporate healthcare and sports medicine. He recommends SoftWalk to patients with repetitive strain injuries, but particularly as a preventative measure.



Peter Andersson, certified physiotherapist

How extensive is the problem with repetitive strain injuries?

– Work absences cost Sweden SEK 130 billion each year and a large percentage of that total is due to repetitive strain injuries – a number of which can be attributed to poor work surfaces.”

What problems can be attributed to work shifts involving long periods of standing?

– You could have problems with your feet, knees, hips, back and ligaments. Long work shifts involving a lot of standing on a hard surface lead to high compression on the body’s weight-bearing structures, which increases the risk of repetitive strain injuries.”

Why choose SoftWalk?

– **SoftWalk** works like a shock absorber. It absorbs the powerful pressure exerted on the body when you stand for long periods of time. Above all, you should choose SoftWalk as a preventative measure. One doesn’t want to suffer from repetitive strain injuries at all. SoftWalk is a good option for avoiding future problems.

Why isn’t a quality pair of work shoes enough?

– A good pair of work shoes only last for about a year. They get worn out relatively quickly. People are then a bit lax about replacing their shoes in time and have most likely put unnecessary strain on their bodies for a long period of time.

Won’t it be too soft if one uses both good shoes and SoftWalk?

– Absolutely not! A surface can never be too soft for your body. If you look at athletes, they use both well developed shoes and a surface that is extremely kind to the body. It is important to know that SoftWalk is a shock-absorbing mat, not a springy mat. I do not recommend springy mats.”

For which industries is SoftWalk suitable?

– All industries in which one stands on a limited or fixed surface would benefit from using SoftWalk. **We recommend SoftWalk at healthcare units, airports, reception desks, stores and within the manufacturing industry.**

Do companies put enough of a focus on workplace matting?

– There is still too little knowledge and understanding. I hope that more companies understand that well designed workplace matting can reduce the number of repetitive strain injuries and thereby the number of absences. Trelleborg SoftWalk has all the properties necessary to create a work environment that is kinder to the body.

Swedish company's absence cost	Day 1 (qualif. day)	Day 2-14 (80%)	Day 15-90 (no pay)	Day 91- (no pay)
Payroll exp. (SEK 100)	SEK 0	SEK 80	SEK *0	SEK *0
Holiday pay	SEK 12	SEK 12	SEK 12	SEK 12
Employer's contrib.	SEK 05	SEK 36	SEK 5	SEK 5
Related payroll exp.	SEK 135	SEK 135	SEK **85	SEK **25
Additional exp.	SEK 50	SEK 50	SEK **25	SEK **10
Cost/hour	SEK 202	SEK 313	SEK 127	SEK 52
Cost/day	SEK 1616	SEK 2504	SEK 1016	SEK 416

* AMF insurance (ASG) can provide about 10% of the salary during these absence periods (max. 360 days).
 ** These expenses drop as the period of absence becomes longer. These expenses are given as a calculation example.
 Source: PREVIA

- ### Mini facts SoftWalk
- Comfortable
 - Extremely durable
 - Easy to clean
 - Environmentally friendly
 - Unique combination of durability and ergonomics
 - PVC-free
 - Vulcanized – not glued
 - Resistant to cigarette heat
 - Facade edges
 - Sound and vibration absorbing
 - Chemically resistant surface layer
 - Thickness – 8 mm
 - Width – 1100 mm
 - Oil resistant in industrial quality

Trelleborg SoftWalk

– rubber matting that is kind to your body

Several companies have had the opportunity to test Trelleborg SoftWalk, including Mitti Parfymeri & Kosmetik at Mitt Hansa in Malmö, Sweden. Salesclerk Nanna Severin-Pajnic has used SoftWalk for more than two years and is very pleased.

What are the best qualities of SoftWalk?

– It is comfortable to stand on, which is the be-all and end-all in my profession. It doesn't slide around, which is good. I work with perfumes and cosmetics, so fluid sometimes gets spilled on the matting. But the shiny surface layer makes it easy to clean. My high-heeled shoes don't leave marks and don't sink through the matting.

How important is the surface to you?

– It is extremely stressful on the body to stand on a hard floor for 8 hours each day. My colleague has worked in the industry for 40 years and her knees are completely worn out. Using good workplace matting is very important to us who work this way. SoftWalk has really exceeded my expectations!



Nanna Severin-Pajnic, salesclerk

Jan Danielsson, a team leader working in the manufacturing sector, uses SoftWalk in his work with machinery.

– I have vast experience with workplace matting and set high standards for quality. Oil drips continually at the machines, but thanks to SoftWalk's oil resistance, it meets our needs for surface, form and function.

Where is SoftWalk used at your company?

– At each machine, we have cut a suitably sized piece of matting for the machinist to stand on. No installation is required, and we think that's great! On the larger walkways, we use Trelleborg's industrial matting - rolled out and laid in place.

Why does SoftWalk work so well in an industrial environment?

– In production, we sometimes have problems with vibrations. SoftWalk reduces them. Since the floor is often made of cement, it is also better for the knees to stand on a softer surface, such as SoftWalk.



Jan Danielsson, team leader



Trelleborg SoftWalk is an ergonomic, resistant and sound-absorbing matting with a durable surface layer (A) and a softer underside of cellular rubber (B). The underside of the matting is designed in a way that hinders slippage against the floor, keeping the matting stably in place.

Trelleborg SoftWalk

– rubber matting with a unique design



At Tobela AB, Conny works with the assembly of shop fittings. For several years, he has suffered from aching feet and cramping in his calves.

– I stand for a long 7-9 hours shift each day. Previously, I suffered from cramping in my calves, which lead to pain in my feet. I was forced to vary my work position continually and it took time for the swelling to subside. SoftWalk has had a positive effect on my problems. I no longer have as much pain in my knees and feet.

Colleague Roland has also noticed an improvement:

– My feet don't tire out nearly as much as before. I also think that the matting is easy to wipe off and keep clean. It is good that a piece of the matting could be put at each machine.

Both feel that SoftWalk is excellent and a good aid in the work environment.

At Glas In in Oxie, Fredrik Svensson stands for long periods of time during his shift manufacturing customised sliding doors.

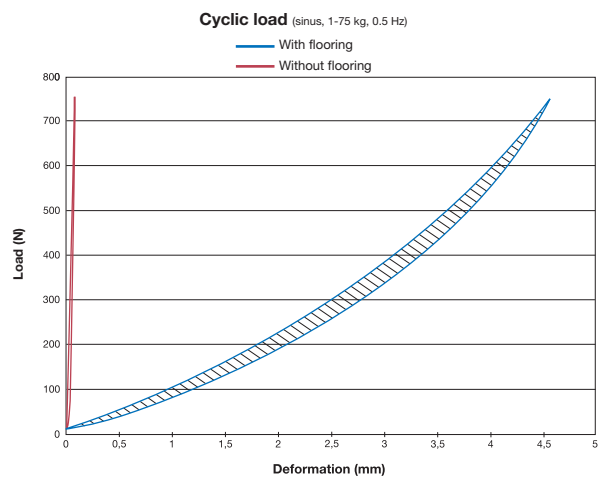
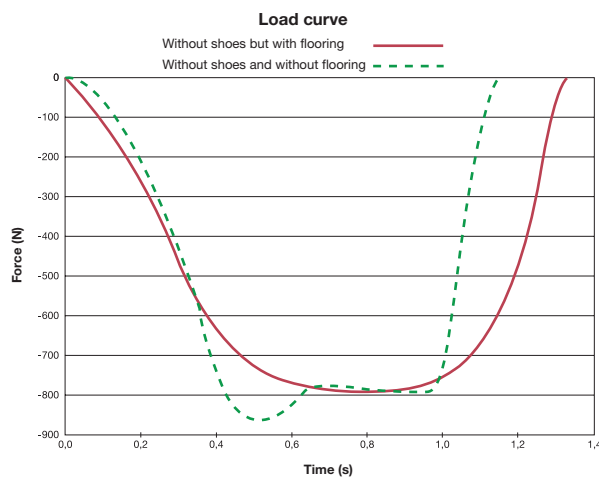
– I stand for 4 to 6 hours each day and have often had pain in my knees and feet.

What has SoftWalk meant for you?

– I've noticed a clear difference in my knees and feet now that there is a cushioning material where I stand most often. It is also easy to keep clean and tidy.



The following tests have been conducted at IFP Research AB in Mölndal.



The diagram shows how the load on the body is reduced with SoftWalk.

A force of 750 N is exerted on a floor with and without SoftWalk. These 750 N represent a person weighing 75 kg. The hatched area in the deformation curve symbolises how much energy is absorbed by the matting.

Product description

SoftWalk, developed by Trelleborg Rubber Flooring, is an ergonomic workplace matting that soothes and prevents problems in the neck, shoulders, back and legs. Trelleborg SoftWalk has all the properties necessary to create a work environment that is kinder to the body.

Trelleborg SoftWalk is an ergonomic, resistant and sound-absorbing matting with a durable surface layer and a softer underside of cellular rubber. The underside of the matting is designed in a way that hinders slippage against the floor, keeping the matting firmly in place. SoftWalk has a surface layer that is easy to keep clean. Even when very dirty, it becomes like new after a cleaning.

Trelleborg SoftWalk has a service life of up to 10 years.

Trelleborg SoftWalk works as a shock absorber. It absorbs the powerful pressure that is exerted on the body when you stand for long periods of time. The ergonomic matting is comfortable to stand on, with material that both insulates sound and dampens vibrations. Choose SoftWalk to prevent repetitive strain injuries!

Trelleborg SoftWalk has a stylish design that turns it into part of the workplace decor. Can be colour-matched to a colour of your choice upon order of at least 100 metres.



SoftWalk is available in Checker black, grey, oil resistant. Pastille pattern in grey, red and blue. Other colours can be specially ordered.

Cold hard facts

The Swedish Work Environment Authority reports the following in their “Korta sifferfakta nr 4 2006” [Statistics, Issue 4 2006].

Statistics Sweden’s (SCB) study of work environments and occupational injuries indicates:

- Over 1.5 million employed Swedes feel each day that their work is ergonomically trying.
- In 2004, 18,000 new cases of repetitive strain injuries were reported in Sweden.
- Repetitive strain injuries constitute 36% of all reported occupational illnesses and accidents in Sweden.

From the Swedish Work Environment’s statistics unit – 2004-2005.

Reported occupational injuries in which an unsuitable surface has led to repetitive strain injury are primarily found within the following occupational categories and industries.

Common occupational categories: Office workers, assistant nurses, nurse’s assistants etc, salespeople in retail trade, assemblers, machine operators kitchen and restaurant employees

Common industries: Preschool and elementary school, health- and medical care, transportation, manufacturing, retail trade, hotel and restaurant sector

The most common problem that the people in question face is muscle and joint problems combined with strain problems.

The body is affected by hard floors

In occupational categories such as manufacturing and service work, the staff must stand and work, sometimes for many hours at a stretch. Jobs in which one must stand or walk a lot are often associated with complaints of pain or cramping in the body.

To prevent the employees from having to deal with this pain and cramping, one must change the surface on which they stand, by using an ergonomic workplace matting for example.

Standing work for long periods of time can lead to health problems for the body, such as pain in the lower extremities (feet, calves, knees). There may also be problems with aching back, neck and shoulders. Studies over the past 20 years have shown that this is a huge health problem.

In the study published by researchers Mark S Redfern and Rakié Cham of the University of Pittsburgh (AIHAJ 61:700-708 September/October 2000), there is a clear reduction in perceived fatigue and discomfort in the lower part of the legs and back when standing work is performed on a soft matting instead of a hard floor. Studies show that it is most likely the elasticity, rigidity and thickness of the matting that plays a decisive role in relieving feelings of discomfort.

The study can be read via the following links:

http://www.engr.pitt.edu/bioengineering/main/people/faculty/redfern_mark.html

<http://taylorandfrancis.metapress.com>



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