

Designing a lab? Have you considered...

# Can a floor improve employee wellness?



The answer is

## Yes.

It starts with Ergonomics and ends with a more productive, less fatigued lab staff. Choose a lab floor that does more. Whether standing at the lab bench or rolling carts, Ecore's itsTRU™ technology outperforms, outlasts, and exceeds "anti-fatigue" mats on all levels-and eliminates the trip hazards and maintenance hassles. Make the upgrade; your lab staff will thank you.

For more information, please contact your local sales representative.

Ecore is built on itsTRU™ technology

- Ergonomically-Balanced
- Impact Reduction
- Energy Restitution
- Durable
- Maintainable

ecore | Health + Wellness



## Anti-fatigue vs. Ergonomic Surfacing

Ergonomic surfaces should provide a balance between force reduction and energy restitution to the user. Ergonomics is enhanced as these two dynamic forces come into balance. This **balance** is measured by **NRG = Force Reduction + Energy Restitution**.

### Anti-fatigue

Anti-fatigue has been the attribute of choice for lab/ergonomic flooring applications. Ecore focuses on ergonomics in a more comprehensive way than other flooring manufacturers. We have engineered our floors to provide force reduction and energy restitution, in order to make a floor comfortable, efficient and effective for the people that are working on them.

### Ergonomics

Most people working in a lab space desire a soft surface, because they think softness equates to comfort. Unfortunately, a soft surface can be detrimental to ergonomics. This can be illustrated best by comparing concrete to sand. A concrete surface provides very little force reduction and a lot of energy restitution; the result is a negative impact on joints and related comfort. A common solution to this problem is to use anti-fatigue mats which inhibit rolling cart traffic and can create maintenance issues. Unfortunately, this is not an effective long-term solution.

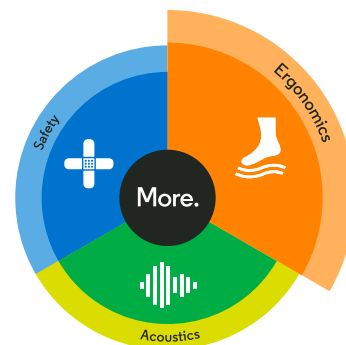
On the other hand, working on a sandy surface will provide a lot of force reduction and no energy restitution. While sand feels great and is very comfortable, long term it causes fatigue to the body. An anti-fatigue mat performs in a similar way. The body mechanics constantly adjust for balance and movement. Over the course of a workday, more energy is expended and the body becomes fatigued.

### Balance

Having the right balance in a surface becomes critical over time. At the end of the work day, using a surface that has the right balance of force reduction and energy restitution will result in the user having more energy and less pain and discomfort. The result: an optimal balance between comfort and fatigue and enhanced wellness for the staff.

11.9% **Force Reduction**  
Absorption of impact energy

68.4% **Energy Restitution**  
Useful return of impact energy



### Should a Floor Do More? Yes!

Ecore transforms reclaimed materials into performance surfaces that make people's lives better. Ecore surfaces provide more when it comes to acoustics, safety, and ergonomics.

For more information about ergonomic surfaces and how Ecore can make people's lives better visit: [ecorecommercial.com](http://ecorecommercial.com)

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