

# Chairmat 101

Choosing a chair mat is as easy as 1, 2, 3

## 1 - Floor type

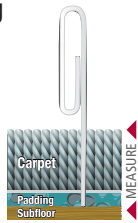
Carpet or hard floors?



Carpets have different thicknesses.

To choose the right mat, measure by straightening a paper clip and note depth from top of carpet to the subfloor.

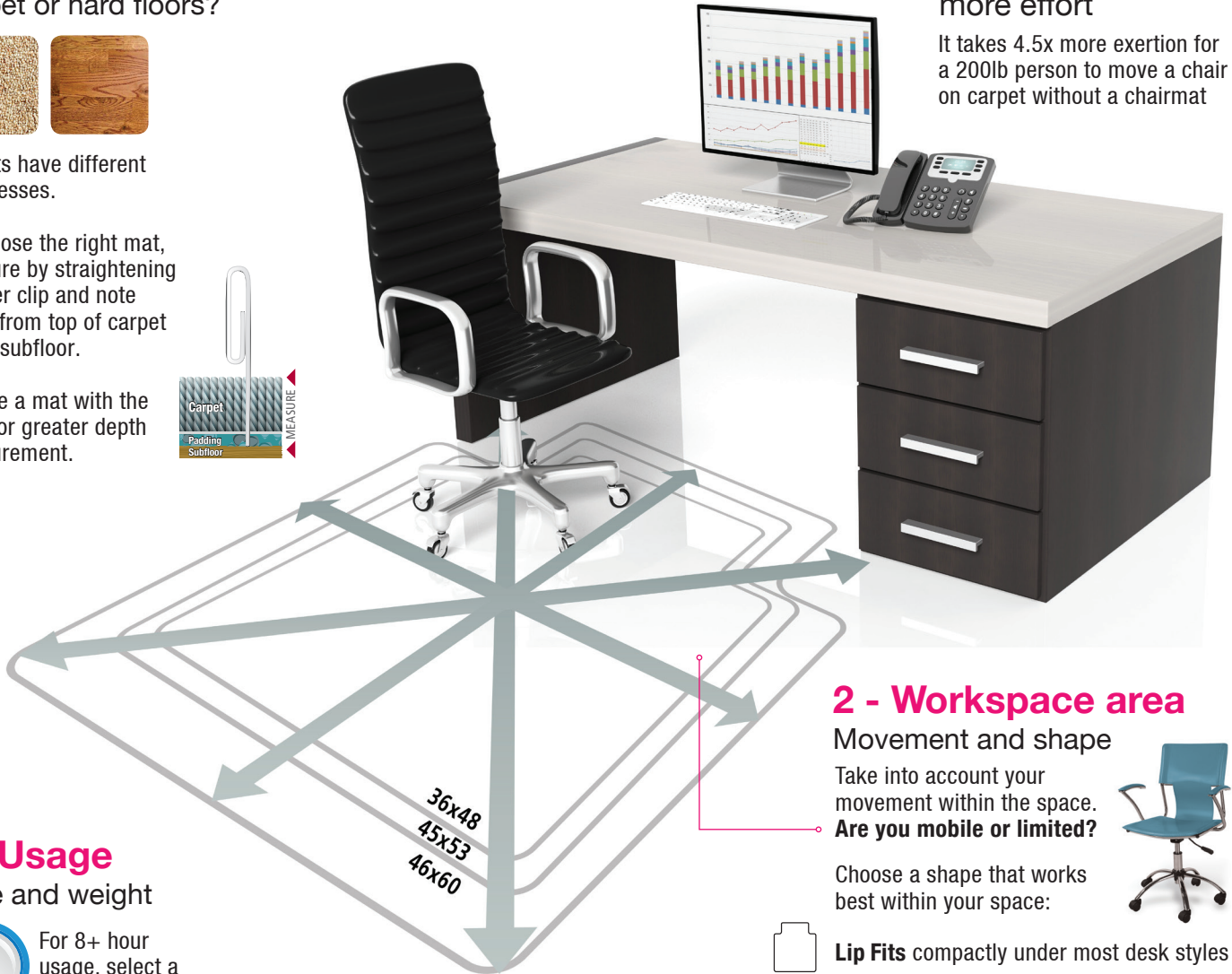
Choose a mat with the same or greater depth measurement.



# 4.5x

more effort

It takes 4.5x more exertion for a 200lb person to move a chair on carpet without a chairmat



## 3 - Usage

Time and weight



For 8+ hour usage, select a thicker pile mat



If you weigh over 200 lbs, choose a thicker pile mat

## 2 - Workspace area

Movement and shape

Take into account your movement within the space. **Are you mobile or limited?**

Choose a shape that works best within your space:



**Lip Fits** compactly under most desk styles



**Rectangle** More versatile shape allows for maximum mobility



**Workstation** Contour design fits best between L-, U- or Corner workstation

If sitting at a desk for 8 hours or more, it is recommended to use a higher pile mat.



**Work Better**