

## THE RISKS OF PROLONGED STANDING

Prolonged standing can lead to fatigue, pain and serious health issues, such as MSDs.



### What are MSDs?

**Musculoskeletal Disorders** are injuries or conditions affecting the movement of the human body, or the **loco-motor apparatus**. They are problems that affect the muscles, tendons, ligaments, vascular system, nerves, soft tissues, bones and joints.



MSDs are currently the most common work-related condition in the EU. They are expected to affect some **50%** of the population by **2030.\***

**14** days

Average time lost due to each MSD case



Over **45%**

of European workers complain of standing in tiring positions at work.

**6.6** million

Working days lost due to MSD\*\*



**Anti-Fatigue Matting** • Scientifically proven to reduce discomfort and fatigue.



**86%**

Found anti-fatigue matting had helped to reduce pain or serious health complaints of staff.\*\*\*

**82%**

Considered anti-fatigue matting to have a positive effect on increasing productivity in their company.\*\*\*

