



What is a Musculoskeletal Disorder?

Musculoskeletal disorders (MSDs) are conditions affecting the muscles, tendons, ligaments, nerves or other soft tissues. They are normally categorised as Upper Limb MSDs or Lower Limb MSDs, or specifically Back Pain. MSDs characteristically creep on over a period of time, starting with mild discomfort which can then accelerate into acute pain. Repetitive work and prolonged standing can affect many parts of the body, but is most frequently associated with Lower Limb MSDs.

Anti-Fatigue Matting

By encouraging regular foot movement (even in static positions) as the feet and calf muscles to expand and contract, which activates the Venous Pump, pushing blood back up to the heart against the force of gravity. This naturally occurs when we walk, and an anti-fatigue mat helps to replicate the action despite users very often standing in predominantly static positions.



Ramp Mat

An Economical Anti-Fatigue Mat

- Conforms to the Slip Resistance Test, EN 13552 (Category R10).
- Open drainage holes for spill liquids.
- Made from hard wearing nbr rubber.
- Moulded bevelled edges to reduce trip hazards.
- Product Height: 10 mm

| Stock Code | System Code | Size |
|------------|-------------|---------------|
| MD-CM1005 | A0005359 | 0.9 m x 1.5 m |

Orthomat® Safety

The Original Fatigue Fighter

- Pebbled 'Textured' Surface.
- Conforms to Slip Resistance Test, EN13552 (Category R10).
- Fire tested to DIN54332 (B2), part of DIN4102.
- Product Height: 9 mm

| Stock Code | System Code | Size | Colour |
|------------|-------------|----------------|--------------|
| MD-CM1060 | A0005371 | 0.45 m x 0.9 m | Black |
| MD-CM1040 | A0005367 | 0.6 m x 0.9 m | Black/Yellow |
| MD-CM1045 | A0005368 | 0.9 m x 1.5 m | Black/Yellow |
| MD-CM1050 | A0005369 | 0.9 m x 18.3 m | Black/Yellow |
| MD-CM1055 | A0005370 | 0.9 m x 1 m | Black/Yellow |

MK3

100% Recycled Rubber & Plastic Drainage Mats.

- Anti-fatigue, non-slip, drainage and protection mat.
- Easy DIY installation with an interlocking system that conceals joints
- Product Height: 20 mm

| Stock Code | System Code | Size |
|------------|-------------|----------------|
| CM1000 | A0005356 | 80 mm x 480 mm |

| Stock Code | System Code | Edging |
|------------|-------------|---------------------|
| CM1002 | A0005357 | 480 mm x 180 mm (F) |
| CM1004 | A0005358 | 480 mm x 180 mm (M) |

KwikLok

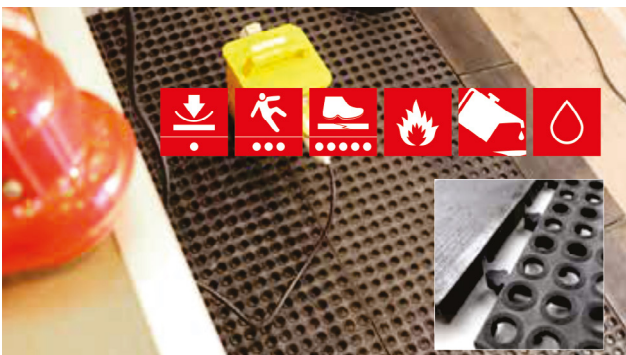
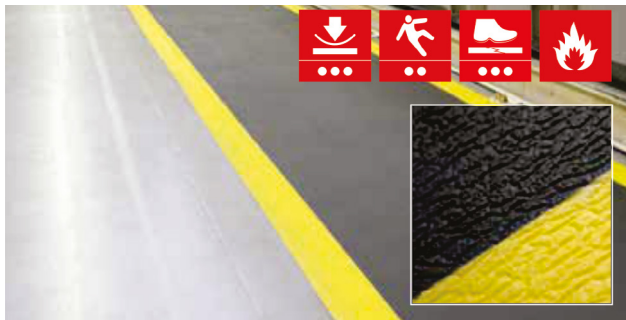
100% Recycled PVC Interlocking Floor Tiles

- Made from recycled PVC – non-conductive and fire resistant.
- An ideal low cost solution for refurbishing floor surfaces.
- **PLEASE NOTE:** This product may discolour and warp if laid in areas exposed to direct sunlight.

| Stock Code | System Code | Size |
|------------|-------------|----------------------------------|
| CM1066 | A0005373 | 465 mm x 465 mm x 6 mm Pack of 4 |

| Stock Code | System Code | Edging (Only on Special Order) |
|------------|-------------|--------------------------------|
| CM1070 | A0005374 | 465 mm x 30 mm x 6 mm |

MATTING



Fatigue-Step

Anti-slip Floor Tiles for Wet and Oily Areas.

- Interlocking open-holed tiles for general industrial use.
- Soft, yet resilient rubber floor tiles.
- Effective anti-fatigue properties for prolonged standing.
- Fatigue-step conforms to slip resistance test EN 13552 (Category R10) .

| System Code | 14 mm | System Code | 19 mm | Sizes |
|-------------|----------|-------------|----------|---------------|
| A0005362 | SS010006 | A0005360 | SS010001 | 0.9 m x 0.9 m |

| System Code | Yellow | System Code | Black | Edging |
|-------------|-----------|-------------|-----------|-------------|
| A0005365 | SS070002F | A0005360 | SS010002F | Female Edge |
| A0005366 | SS070002M | A0005364 | SS010002M | Male Edge |

Solid Fatigue-Step

Ultra-comfortable Interlocking Tiles

- Interlocking solid surface tiles made from a blend of natural rubber and nitrile.
- Tiles link together to provide a very comfortable anti-fatigue surface.
- Can withstand temperatures of up to 160°C and spillage of molten glass.
- Individual tiles can be moved and replaced with ease.
- Conforms to Slip Resistance Test, EN 13552 (Category R10).
- Optional bevelled edging in yellow or black.

| System Code | Standard | Sizes |
|-------------|----------|---------------|
| A0005362 | ST010001 | 0.9 m x 0.9 m |

| Stock Code | System Code | Black | Edging |
|------------|-------------|-----------|-------------|
| CM1030 | A0005365 | SS010002F | Female Edge |
| CM1035 | A0005366 | SS010002M | Male Edge |

Bubble Mat

Hard Wearing Rubber Mat

- Raised surface simulates blood circulation on foot movement.
- Safety beveled edging as standard.

| Stock Code | System Code | Sizes |
|------------|-------------|-------------------------------|
| CM1780 | A0005415 | 0.6 m x 0.9 m Edged All Round |
| CM1785 | A0005416 | 0.6 m x 1.2 m Edged All Round |

Diamond Thread

Ideal Safety Matting for Welding Bays

- Heavy-duty 'diamond thread' top surface.
- Comfortable foam backing offers superior fatigue relief.
- Flame retardant top surface.
- Fire test classificaion of CI-S1.
- Ideal for welding bays and demanding industrial use.
- Supplied with ramped edges all round.

| Stock Code | System Code | Sizes |
|------------|-------------|---------------|
| CM1135 | A0005385 | 0.6 m x 0.9 m |

Unimat

The Only "Drainable" Rubber Runner

- Versatile open-holed rubber runner.
- Excellent drainage properties.
- A real asset in helping to prevent slipping in wet/oily areas.
- Easy to roll up and move to new locations.
- Easily cleaned for extended wear and tear.
- Ideal for event caterers.

| Stock Code | System Code | Sizes |
|------------|-------------|----------------------|
| CM1800 | A0005417 | 0.9 m x Linear Meter |

COBA Switch VDE

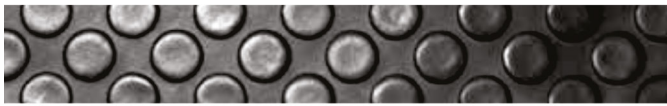
Electrical Switchboard Matting

- Lightweight mat designed for use in front of open switchboards and high voltage equipment.
- Provides safety for operatives against electric shock.
- Fine fluted surface has slip-resistance benefits.
- 4.5 mm x 10 m Rolls – VDE Approved.
- Tested to 50,000 Volts according to DIN EN60243 1 (VDE0303 part 21) IEC 60243-2:1996.

| Stock Code | System Code | Sizes |
|------------|-------------|------------------------|
| CM1085 | A0005375 | 1 x m per Linear Meter |



MATTING



Stud Flooring

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1115 | A0005381 | 1.2 m x per Linear Meter |



Rice Sheeting

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1110 | A0005380 | 1.2 m x per Linear Meter |



Pyramid Sheeting

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1100 | A0005378 | 1.2 m x per Linear Meter |



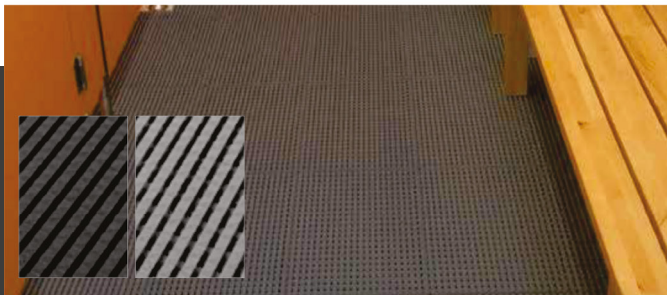
Rhomboid

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1105 | A0005379 | 1.2 m x per Linear Meter |



Rubber Crumb

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1095 | A0005377 | 1.2 m x per Linear Meter |

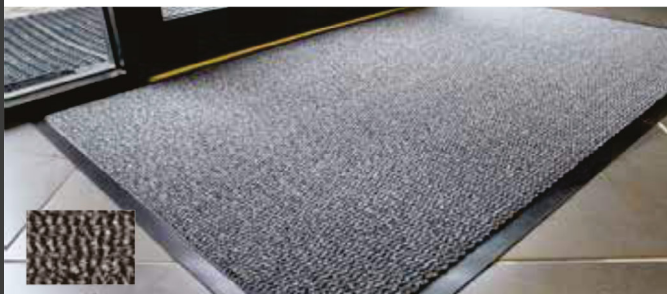


Premier Grip

Ideal for shower rooms and swimming pool walkways Easy to roll up, clean and relocate.

- Flexible, hygienic pvc floor tile.
- Reduces slipping on wet surfaces.
- Textured top surface.
- Comfortable to walk on barefoot.
- Holes provide efficient drainage of water.
- Underside studs enhance drainage.
- Easy to roll up, clean and relocate.
- Interlocking tiles allows diy install to cover any desired size or floor space area.
- Popular applications: change rooms, showers, semi-covered external entrance mat.
- Optional edging available.

| System Code | Grey | System Code | Black | Sizes |
|-------------|----------|-------------|----------|---------------|
| A0005418 | PG060001 | A0005419 | PG010001 | 30 cm x 45 cm |



Vyna-Plush

Ideal for shower rooms and swimming pool walkways

- Budget doormat offering all-round performance
- Scrapes dirt and wipes moisture
- 100% Polypropylene fibre scraping surface
- Slip & stain-resistant pvc stay in place backing

| System Code | Black | Sizes |
|-------------|----------|---------------|
| CM1750 | MF010001 | 0.6 m x 0.9 m |
| CM1755 | MF010002 | 0.9 m x 1.5 m |
| CM1760 | MF010003 | 1.2 m x 1.8 m |



MicroFibre Doormat

Washable Microfibre Doormat with Super Absorbency.

- Exceptional multi-action entrance mat using hygienic microfibre technology.
- Superior 'brushed and wiping' with 'rapid dry' properties – even out-performs cotton.
- The flexible, ultra-fine fibres (even finer than a human hair) provides a deep-cleaning action on passing footwear.
- Effectively penetrates those hard to reach treads on footwear and wheeled trolleys.
- Friction from the fibres generates a static charge that attracts and traps.
- The filament structure creates a capillary effect for improved dirt retention/absorbency.
- Environmentally-friendly – does not require any chemical pre-treatment or washing detergents.

| System Code | Black | Sizes |
|-------------|----------|---------------|
| A0005412 | MF010001 | 0.6 m x 0.9 m |
| A0005413 | MF010002 | 0.9 m x 1.5 m |
| A0005414 | MF010003 | 1.2 m x 1.8 m |



First Step

Tacky Mats for Contamination Control.

- A hygienic pad of peel-off adhesive coated, disposable sheets manufactured from an anti-microbial agent to protect against bacteria, mould and mildew.
- Once applied to the floor, the self-adhesive backing keeps the mat in place.
- The 'tacky' sheets capture dirt and dust from footwear and wheeled equipment for contamination control.
- When the top sheet becomes soiled, simply peel off to reveal a clean layer.
- Adhesive backed pads stick directly to the floor surface
- Ideal for hospitals, clean rooms, general industrial and food contact applications.

| System Code | White | Sizes |
|-------------|----------|-------------------|
| A0005386 | WC000004 | 0.45 x m x 1.17 m |

MATTING

COBArib

- Manufactured from hardwearing natural rubber.
- Fine ribbed surface has effective slip-resistance.
- Provides insulation from cold concrete floors.
- Can be used on workbenches.

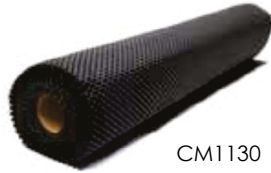
| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1090 | A0005376 | 0.9 m x per Linear Meter |



GripSafe

Gives Surfaces Enhanced Grip

- Ideal non-slip liner for bars, shelves and trays.
- Easy-to-cut and trim to shape.
- Machine washable.
- Manufactured from foam PVC.



CM1130

| Stock Code | System Code | Sizes |
|------------|-------------|--------------------------|
| CM1130 | A0005384 | 0.9 m x per Linear Meter |
| CM1125 | A0005383 | 0.9 m x per Linear Meter |



Knee-Saver

Take the Strain out of Kneeling

- Reduces knee pain and lower back stress caused by regular kneeling.
- Light-weight to carry - only 0.35 Kg per pad - with a carry handle.
- Resistant to oils and chemicals.
- Product Height: 25 mm



CM1130

| Stock Code | System Code | Sizes |
|------------|-------------|-----------------|
| CM1145 | A0005387 | 530 mm x 360 mm |



GRP Stair Nosing

Designed to Help Prevent Slips on Stairs

- Suitable for use on existing or newly-built steps.
- Manufactured with a chamfered backedge for additional safety.
- Bright colour for visibility, meeting data requirements.

| Stock Code | System Code | Sizes |
|------------|-------------|---------------------|
| CM1195 | A0005397 | 1 m x 55 mm x 55 mm |



Gripfoot

Designed to Help Prevent Slips on Stairs

- Abrasive grit "anti-slip" products with self-adhesive backing
- Versatile for floor surfaces, machinery and vehicles.
- Conforms to slip resistance test en 13552 (category r13).
- **Gripfoot Conformable** - ideal for diamond treadplates, curved or irregular surfaces.
- The self-adhesive foiled backing, allows for "rolling" or "hammering" to shape.

| Stock Code | | | System Code | | | Sizes |
|------------|--------|---------|-------------|----------|----------|-----------------|
| Black | Clear | Conform | Black | Clear | Conform | |
| CM1150 | CM1155 | Request | A0005388 | A0005389 | - | 25 mm x 18.3 m |
| CM1160 | CM1165 | CM1190 | A0005390 | A0005391 | A0005396 | 50 mm x 18.3 m |
| CM1170 | CM1175 | Request | A0005392 | A0005393 | GF010002 | 102 mm x 18.3 m |
| CM1180 | CM1185 | Request | A0005394 | A0005395 | GF010003 | 152 mm x 18.3 m |



COBAtape

- Self-adhesive backed pvc floor tape, designed to effectively mark lines on floors.
- For pedestrian use only.
- **PLEASE NOTE:** The surface needs cleaning prior to adhesion.

| Black | Green | Blue | Red | Yellow | White | Size |
|-----------|----------|--------------|----------|-------------|----------|--------------|
| TP010002 | TP040002 | TP020002 | TP030002 | TP070002 | TP130002 | 50 mm x 33 m |
| Black | Green | Blue | Red | Yellow | White | Size |
| CM1205 | CM1215 | CM1210 | CM1220 | CM1230 | CM1225 | 50 mm x 33 m |
| Red/White | | Black/Yellow | | White/Green | | Size |
| TP130302 | | TP010702 | | TP130402 | | 50 mm x 33 m |
| Red/White | | Black/Yellow | | White/Green | | Size |
| CM1245 | | CM1235 | | CM1240 | | 50 mm x 33 m |



MATTING

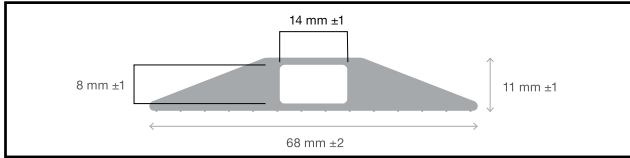
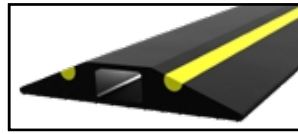
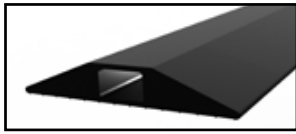
CablePro GP

A General Purpose Cable Protector Available in 3 m or 9 m Lengths

- Reduce trip hazards caused by trailing cables.
- Protect cables and wires from being pulled or crushed causing costly damage.
- Hazard strip version for increased visibility.

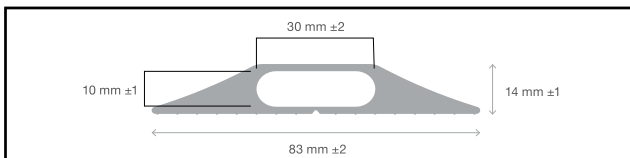
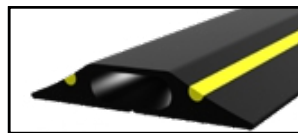
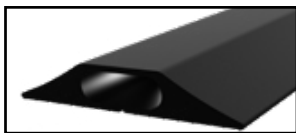
GP1

GP1 Safety



GP2

GP2 Safety



Technical Specifications

| | |
|--------------------------|--------------------|
| Material | PVC |
| Environmental Resistance | Inside/Outside Use |
| Installation Method | Loose Lay |
| Country of Origin | China |

| CablePro GP | Colour | 3 m | 9 m |
|-------------|--------------|----------|----------|
| GP1 | Black | CP010012 | CP010005 |
| GP1 Safety | Black/Yellow | CP010711 | CP010701 |
| GP2 | Black | CP010013 | CP010006 |
| GP2 Safety | Black/Yellow | CP010712 | CP010702 |

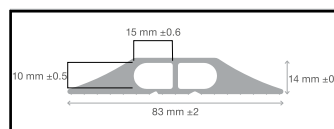
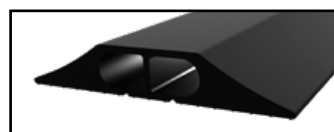
CablePro Data

Multiple Channels for Telephone, Power or Ethernet Cables

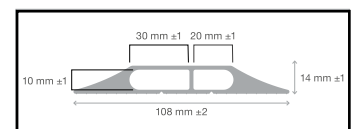
- Ideal for keeping multiple cable types
- A steam in base for snapping in cables
- Easy to roll up, clean and relocate

| CablePro Data | Colour | 3 m | 9 m |
|---------------|--------|----------|----------|
| Data 1 | Black | CP010011 | CP010003 |
| Data 2 | Black | CP010710 | CP010004 |

Data 1



Data 2



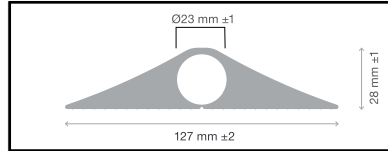
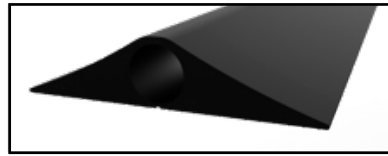
CablePro HD

Two Heavy-Duty Options for Areas with Heavy Traffic on Larger Cables

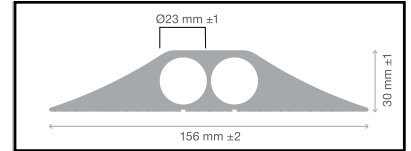
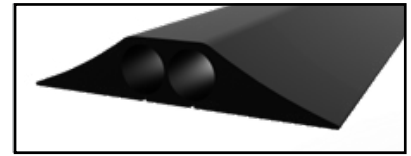
- Tough ramped edges to keep cables.
- Larger 23 mm diameter channels.
- Accomodate heavy-duty cables.
- Withstands traffic up to 6 tonnes.



HD1



HD2



CablePro Mat

Mat Designed to be Laid Over Cables to Reduce Trip Hazard

- Special mat for protection from tripping hazards due to loose cables lying around.
- Extremely durable nylon surface in dappled colour shades.
- Cleated non-slip backing made from durable airtille rubber with intergrated cable run.
- Edge in hazard stripe.
- Light-resistant and suitable for underfloor heating.
- Anti-static

Technical Specifications

| | |
|--------------------------|--------------------|
| Material | PVC |
| Environmental Resistance | Inside/Outside Use |
| Installation Method | Loose Lay |
| Country of Origin | China |

| CablePro HD | Colour | 3 m | 4.5 m | 9 m |
|-------------|--------|----------|----------|----------|
| HD1 | Black | CP010007 | - | CP010001 |
| HD2 | Black | - | CP010009 | CP010002 |

Technical Specifications

| | |
|--------------------------|-----------------|
| Material | Nylon |
| Production Height | 13 mm |
| Environmental Resistance | Inside Use Only |
| UV Resistance | Yes |
| Installation Method | Loose Lay |
| Country of Origin | China |

| Part Code | Size |
|-----------|---------------|
| CP010701 | 0.4 m x 1.2 m |

