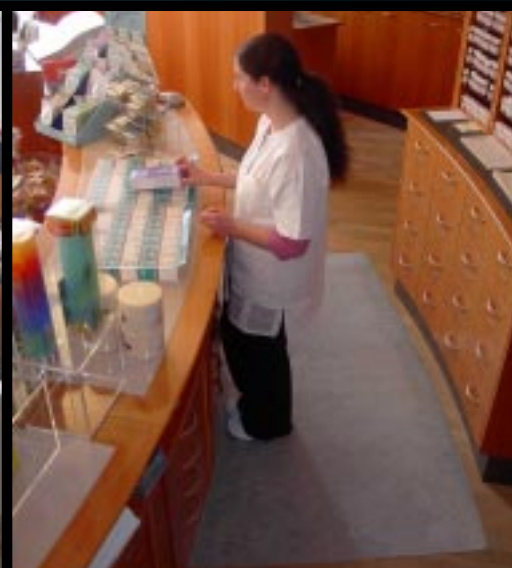
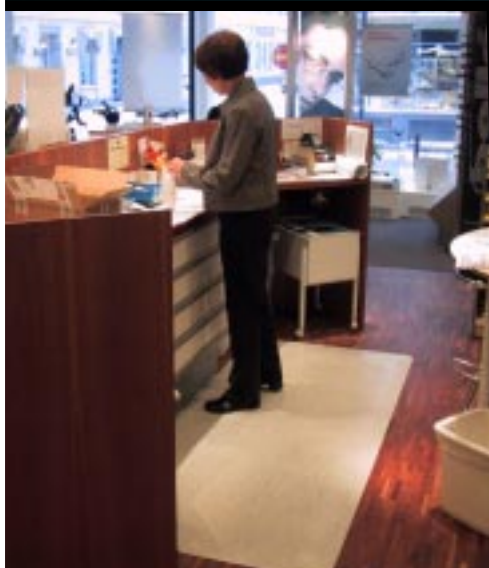




ARBERGO

Swedish ergonomics standing up



For at least 100 000 years ...



For at least 100 000 years now, man has been developing as a two-legged creature. You could say we're the most fully developed balancing artists ever created. We can jump, climb, run, walk, stand, etc. and still maintain perfect balance. We have a very well developed steering and control system which allows us to do all this. Sensors in the soles of our feet, our joints, neck, vision and experiences are all components of this system. We automatically and instinctively adjust our posture depending on what we're standing on..

For hundreds of thousands of years, leaning slightly forwards has been the normal posture for us: this gives us the best starting point for balance. Our backs are designed to withstand leaning forwards slightly. The vertical line runs right through the centre of the foot, and our body weight is distributed across the entire foot. This is our optimum posture. The load is distributed best over the discs when the spinal column is S-shaped, thus permitting the maximum damping effect to be achieved by our discs.

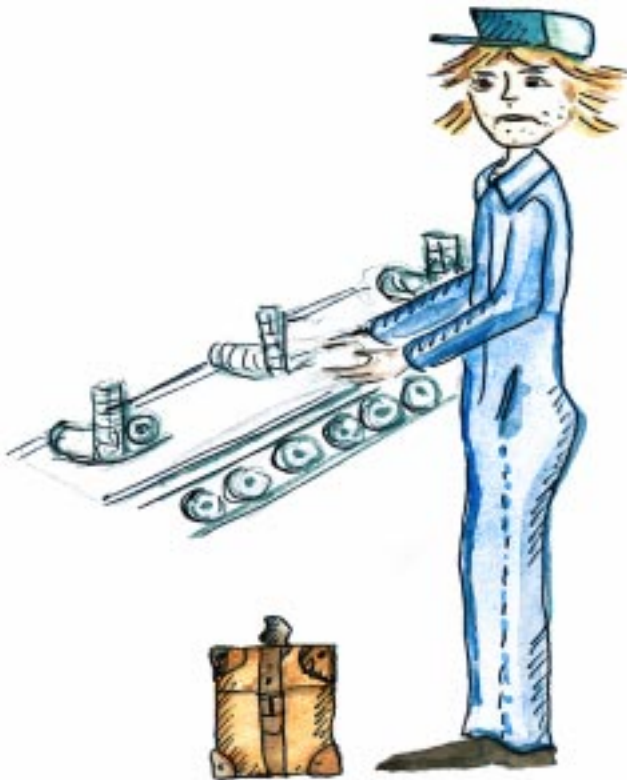


We imitate nature's example...

EPDM is the best type of rubber for withstanding movement. This is the same quality of rubber that's used in door seals on cars.

Our EPDM cell rubber is able to withstand a lot of wear. In 1994, we were entrusted with the task of supplying Arbergo mats to Volvo in Köping. These Arbergo mats still retain their good ergonomic properties despite being subject to a lot of wear and tear by shift workers.

Since the very beginning of industrialism we've worked on hard surfaces with backs and feet aching ...



How does your body react?

When you stand on a hard floor, another reflex is instinctively triggered. Your steering and control system reckons that the firm surface will allow you to save heels, the vertical line runs through your skeleton and legs, your pelvis is tilted backwards, the curve of your back straightens out and you become "straight-backed".

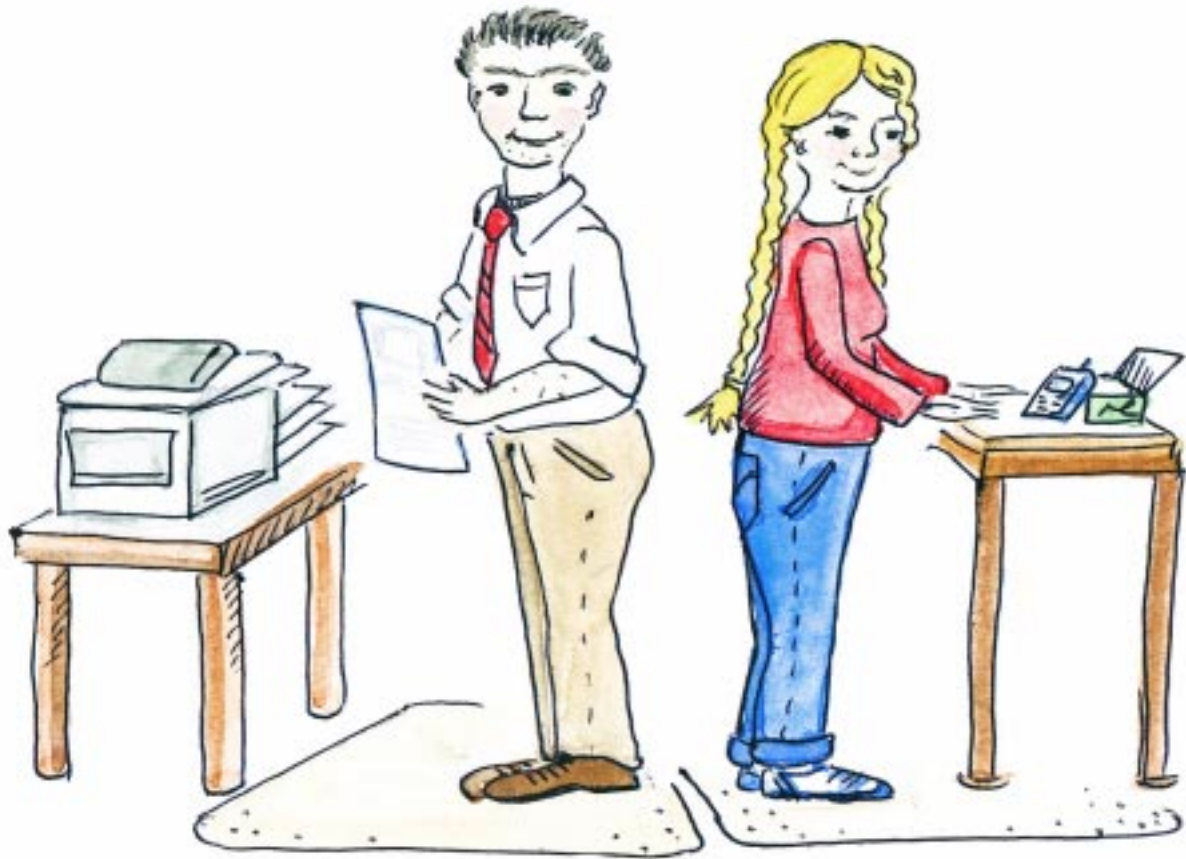
Our backs were never designed to work in this position. They were made to lean forwards slightly. When you stand on a hard surface, your lumbar region and hips are particularly overloaded. Your entire weight rests on your heels: essentially, you're standing as if you were on stilts and your heels are overloaded. Then your knees end up pointing outwards and are also overloaded.



Common symptoms

- problems in the lumbar region
- hip problems
- knee problems
- sore heels
- swollen and/or burning feet
- pain in the legs.

The solution? To fool your energy saving reflex ...



What is the secret?

You can't stand on your heels on an Arbergo mat – it feels as though you're about to fall backwards. You're forced to rest your body weight across your entire foot in order to keep your balance. This is because of the special underlay on our mats – a closed cell EPDM.

When you stand on an Arbergo mat, air is compressed and the surface becomes unstable, so you change your posture and have to balance. This reduces the stress on your back, hips, knees and heels. These movements you have to make to balance often mean that for the first week, you'll suffer from the aches and pains normally associated with exercise.

The heel test...

A. Stand on the floor and try to feel how you're standing and where you're putting your body weight – i.e. on your heels.

B. Then stand on the workplace mat to see whether you can stand like that there.

On an Arbergo mat, it feels as though you're about to fall backwards, so you automatically shift your body weight and distributed it across the entire foot.

How does it work?

Balancing keeps the circulation going in the legs. The muscles and blood vessels start to interact correctly, because the surface is unstable and the foot has to balance, so making your muscles work constantly. The pulsing muscular movements pump blood up from the feet and to the heart. There is less of a risk of varicose veins. The increase in circulation makes you feel more energetic – mentally as well as physically. Productivity at work increases. Fewer products of metabolism (e.g. lactic acid) remain in the muscles on account of the increase in the circulation. The more sedentary your work is, the thicker the mat needs to be so as to increase the balance of the foot.

The fact that you have to balance reduces the static load on the muscles and joints. The static load on the muscles up to the lumbar region is halved if you stand on an Arbergo mat, compared with standing on a concrete floor.

What are our strengths?

Ergonomics

Arbergo mats are available in three sizes to suit various types of stationary work.

Premium for stationary work, e.g. working on cash points, Medium for work which necessitates movement within a restricted area – a few steps and Light for work which necessitates a lot of sideways movement.

Environmentally friendly

Our mats are made of environmentally friendly rubber, and we're the only company making some of our mats out of recycled rubber. We work only with rubber – nothing else. None of our mats contain PVC or polyurethane.

Safety

Our mats are bevelled and have rounded corners. This means that pulling chairs and trolleys up onto them is no problem.

Flexibility

We can create tailor-made Arbergo mats to suit your workplaces. Just provide us with a drawing or template and we'll do the rest!

Wide range

A large number of different types of rubber sheeting are used as a surface to suit various kinds of working environment and work situation. There are oil-resistant surfaces for oily environments, and so forth.

We're able to deal with the majority of environments thanks to the fact that we offer several types of mat in up to three thicknesses. And what's more, we also offer a range of special solutions.

Quality

Our ten years of experience and product development means that Arbergo mats are of superb quality, making them durable and consistently enhancing ergonomics. We give you a five-year factory warranty. And as an extra mark of our quality assurance, we put ID labels on everything we supply.



What happens to the economics?

Arbergo mats enhance productivity by ensuring that employees feel less tired, as well as reducing short- or long-term absence from work due to illness because there's less static load on the muscles and joints.

A 1% increase in productivity is equivalent to five minutes a day. So this increase in productivity pays four times for the investment in this solution over the course of the first year. And if staff have to stand for entire days at a time, this increase in productivity could be many times greater.

The cost of paying someone for a half day off sick is equivalent to the cost of one workplace mat. According to Försäkringskassan "Sweden's Social Insurance Office", the cost of having a member of staff off sick for a week could cost 1 110€.

It's estimated that having a member of staff signed off sick on a long-term basis could cost companies anything between 15,000 and 20,000 €.

If you reduce this risk by 1 %, your mat will have paid for itself. Happy employers, employees and corporate health care staff have plenty of tales to tell of staff off sick on a long-term basis who've even been able to return to full-time work once Arbergo mats were introduced.

According to the Arbetsmiljöverket "the Working Environment Office", 85% of the total number of days staff have off sick are due to stress injuries. Stress injuries account for 20% of all occupational injuries. According to a German survey, 35% of absence from work is related to working standing up.

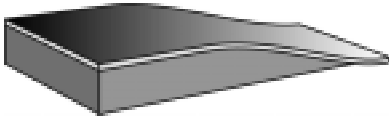
Research

We've initiated and are still carrying out research with regards to the adverse effects on the human body of standing work, and how workplace mats ought to be designed in order to reduce stresses on the body in the best way possible.

Tailor - made solutions

Workplace adaptation involves choosing the right mat thickness depending on how much people move about while they work, selecting the right surface depending on the general environment and making sure the design is right so as to ensure that the mat covers the surface people have to stand on. We manufacture our mats to order, using the dimensions and shapes that our customers need.

Our experienced sales staff would be happy to help you choose the right mat!



Premium 14 - 15 mm;
appropriate for stationary work



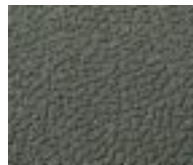
Medium 11 - 12 mm; appropriate for work which necessitates movement within a restricted area – a few steps.



Light 8 - 9 mm; appropriate for work which necessitates a lot of sideways movement.



A4: The upper side is made of SBR rubber, with an embossed surface available in a number of colours. Medium friction.



REBELL: The upper side is made of recycled rubber with a rough, pebbled anti-slip surface. Suitable for use in industrial environments where very high friction is required, e.g. in joineries.



A5: The upper side is made of oil-resistant nitrile rubber, with an embossed surface available in a number of colours. Medium friction.



RELIEF NITRIL: The upper side is made of oil-resistant nitrile rubber with a black check-patterned surface, medium friction. Suitable for use in environments where oils and greases are used.



Flex: The upper side is made of hardwearing recycled rubber with a smooth, raw surface. Suitable for industrial environments where there is not much oil.



RELIEF SBR: The upper side is made of SBR rubber with a check-patterned surface, medium friction. Able to withstand weld spatter and turnings. Available in black and grey. The grey variant is non-conductive.



ERGOSTAT/ERGOSTAT Plugged: Suitable for electronic and computer environments. The upper side is coated with oil-resistant, conductive nitrile rubber with a check-patterned surface.

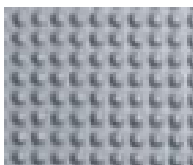
Special mats

We have a number of special mats for use in swimming baths, wet rooms, etc. Tell us what you need – we're sure to have the solution to suit you.



ESD/ESD Plugged: Suitable for electronic and computer environments. The upper side is made of SBR rubber, with a smooth coloured graphite-dotted surface

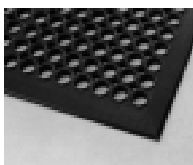
Homogeneous mats



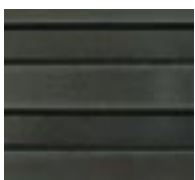
BUBBLE-TOP: Soft knobby surface. Suitable for environments where stringent cleaning demands are in force. The nitrile variant is able to withstand grease. These mats can be washed in a dishwasher.



GRIPPER: Gripper is made of recycled rubber and has a broad-grooved surface offering good anti-slip qualities. Suitable for environments where a lot of aluminium swarf, but where there is not much oil.



SAFE-STEP: Suitable for environments where there is plenty of water, e.g. industry, kitchens, cash points and entrances. Available in black and terracotta. The terracotta variant is made of oil-resistant nitrile



GRIPPER NITRIL: The upper side is made of oil-resistant nitrile rubber and has a broad-grooved surface offering good anti-slip qualities.

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