



## **ERGONOMICS**

The repetitive nature of many jobs can cause unwanted stress to workers. Prolonged periods in unnatural positions can be just as stressful. Whether it manifests as joint or back pain, ergonomic gear can help alleviate the effects.

### **Easy Dos and Don'ts for Safe Lifting**

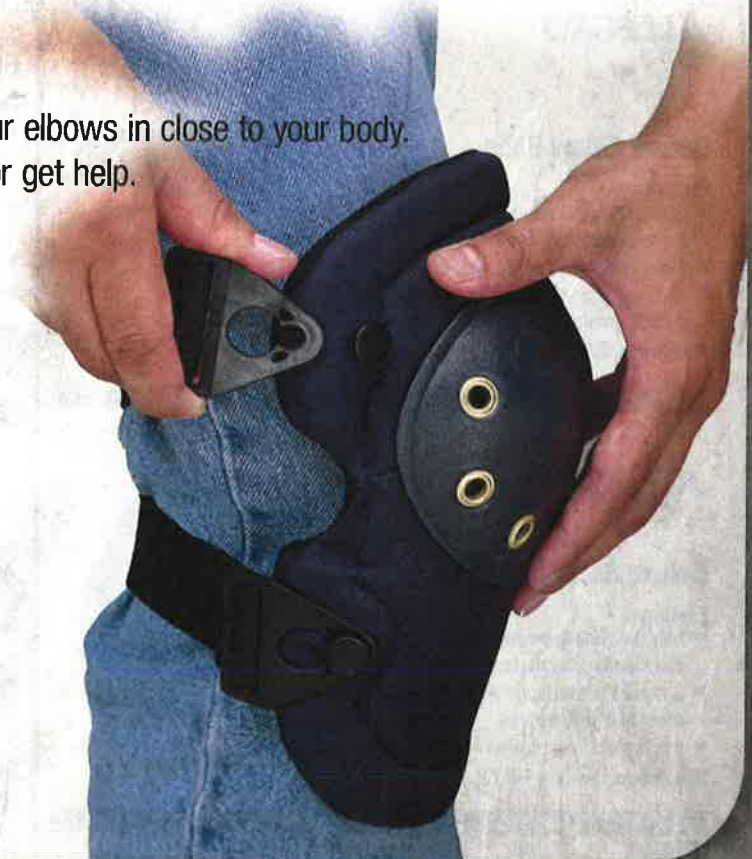
#### **Do:**

- Keep your head up and your back straight, and bend at your hips.
- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.
- Shift your feet to turn.
- Keep the load directly in front of your body.
- Try to perform lifts at waist height with your elbows in close to your body.
- Limit lifting by hand. Use mechanical lifts or get help.
- Stay fit to help avoid injury.

#### **Don't:**

- Lift heavy loads (35 lbs. or more). Get help.
- Reach across something to lift a load.
- Lift bulky or uneven loads.
- Reach to the side or lift while twisting.

Source: [www.osha.gov](http://www.osha.gov)





Economy Belts

Features:

- Protects lower lumbar region and limits range of motion associated with most back injuries.
- Elastic back panels and elastic V-shaped side pulls provide consistent, even support.
- Elastic suspenders are detachable.



SKU	Size Group	Fastening Method	Length
037-7176-02	Medium	Velcro	38 in
037-7176-03	Large	Velcro	47 in
037-7176-04	X-Large	Velcro	56 in



Elastic Back Support Belts

Features:

- 1 1/4" wide elastic adjustable suspenders.
- 4 internal stays provide extra support.
- 8" wide heavy duty elastic back panel.
- Tapered front panels for comfort while bending.



Length: 6 1/4 in

SKU	Size Group	Fastening Method	Wt.
201-5000M	Medium	Velcro	0.87 lb
201-5000L	Large	Velcro	0.87 lb
201-5000XL	X-Large	Velcro	0.92 lb



Deluxe Elbow Pads

Features:

- Offer a strong support and features abrasion-resistant flexible caps.
- Foam backing for added comfort.
- Fully adjustable closures along with elastic sleeves provide comfortable, custom fit.

Size Group: One Size



SKU	Cap Material	Material
037-7104	ABS	Nylon



Deluxe Soft Knee Pads

Features:

- An extra wide foam pad makes this knee pad the most comfortable in the industry.
- Designed with a tough water-resistant cover and no kneecaps.
- It is perfect for jobs where protecting the work surface is a primary concern.

Size Group: One Size Fits All



SKU	Material	Fastening Method
037-6998	Foam	Hook and Loop



Flexknees

Features:

- Designed with lightweight pads capped by large abrasion-resistant rubber caps for long-lasting wear.
- Excellent for non-slip, hard surface work environments.
- The wraparound cap design allows maximum flexibility while maintaining a secure fit.

Size Group: One Size Fits All



SKU	Material	Fastening Method
037-7103	Rubber; Foam	Hook and Loop



Maxknees

Features:

- Designed with a hard poly cap that resists abrasion and works with an extra long pad for optimum comfort.
- Perfect for kneeling on rough abrasive surfaces: Excellent for any application that demands maximum performance.

Size Group: One Size Fits All

Color: Navy



SKU	Material	Fastening Method
037-7102	Foam; Poly	Elastic Strap; Hook and Loop



Softknees

Features:

- A tough blend of cloth and EVA foam make these pads extra comfortable and easy to wear in non-abrasive environments.
- They slip on and off quickly without straps or buckle attachments.
- Easy to wear over or under trousers, they are lightweight and durable.

Size Group: One Size Fits Most



SKU	Material	Fastening Method
037-7105	Cloth; EVA Foam	Full Elastic Back



Value Plus Knee Pads

Features:

- Comes with two fully adjustable straps for a custom fit.
- The cap is stitched on for greater strength and won't allow articles underneath to cause discomfort.
- The most cost effective knee pad in dirty, dusty environments.
- Tough polyester fabric exterior protects a high-density lightweight foam core, and the long pad provides extra comfort.

Resistance: Moisture

Size Group: One Size Fits All



SKU	Material	Fastening Method
037-6999	Foam	Hook and Loop



**Welding Knee Pads**

- Features:**
- Tough heat-resistant leather that wraps over the top and down the back of the pad offers maximum protection from flying sparks.
  - Soft cushioning ensures comfort.
  - Non-marking knee cap increases protection.

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
037-6991-010	Leather	Elastic Strap; Quick-Release Buckle



**Leather Kneepads**

- Features:**
- Designed for comfort, protection and support.
  - 1/2 in thick water-repellent felt lining.
  - Riveted for extra strength.
  - Adjustable leather straps with steel buckles for a better fit.

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
201-309	Leather; Felt	Buckle



**Professional Gel Kneepads**

- Features:**
- Foam gel interior padding for superior comfort.
  - Extended large cap absorbs pressure while supporting knee.
  - Breathable neoprene lower straps secure below the knee for comfort all day long.

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
201-G340	1680D Ballistic Polyester	Elastic upper straps with buckle-style fasteners



**Professional Tread-Pattern Kneepads**

- Features:**
- Thick 1/2" high density, closed cell foam for all day comfort.
  - Breathable neoprene lower straps secure below the knee for added comfort.
  - Large caps are over-sized for more protective coverage.
  - Upper elastic strap with slide buckle fasteners for rapid fit.
  - Hard tread-pattern cap adds durability.

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
201-345	Elastic; Neoprene	Slide Buckle



**Professional Ultra-Flex® Gel Kneepads**

- Features:**
- Special CLC "Comfort Zone" gel center provides maximum cushioning for all day wearability.
  - Super Accordion, Ultra-Flex construction for comfort and protection.
  - Maximum memory foam layer under gel center for greater comfort.
  - Soft, flexible outer shell protects and grips most surfaces without scratching or scuffing.
  - Durable rubber straps for added stability.

**Size Group:** One Size Fits All



SKU	Material
201-G361	High Density Foam and Gel; Synthetic Rubber



**Ultra-Flex® Non-Skid Professional Kneepads**

- Features:**
- Sure-grip shell surface.
  - Thick foam inner pads for all-day comfort and protection.
  - Designed for tile-setters, plumbers, and roofers.

**Resistance:** Abrasion

**Size Group:** One Size Fits All

**Color:** Light Gray



SKU	Material	Fastening Method
201-361	Foam, Synthetic Rubber	Synthetic Rubber Straps



**ProFlex® 380 Kneeling Pads**

- Features:**
- Closed-cell foam is non-conductive, resistant to petroleum, and silicone-free.
  - Comfort for static kneeling situations.
  - Compact size for optimal portability.
  - Convenient handle.

**Resistance:** Petroleum; Non-conductive; Water

**Size Group:** 14 x 21 x 1 in



SKU	Material
150-18380	Foam



**ProFlex® 385 Kneeling Pads**

**Features:**

- When you feel the need to kneel, this large kneeling pad is perfect for static kneeling situations.
- A beveled safety edge with orange warning stripes ensures easy visibility.
- Able to grip both dry and wet surfaces with ease.
- Hand washable.

**Resistance:** Non-Conductive; Water; Petroleum



SKU	Material
150-18385	Nitrile Butadiene Rubber Foam



**Deluxe Non-Marring Knee Pads**

**Features:**

- This deluxe model offers excellent protection with the added benefit of a non-marring material that won't mark up surfaces.
- In addition, its rubber-like surface and gripping ridges help prevent against sliding and slipping.
- EVA foam padding for comfort and cushioning.

**Size Group:** One Size Fits All

SKU	Material	Fastening Method
561-127	EVA Foam; Polyester/Tricot; Rubber	Adjustable Hook and Loop



**Flat Cap Knee Pads**

**Features:**

- 1/2" gel-injected EVA foam pad for impact absorption and comfort.
- Gel insert does not compress over time.
- Heavy duty abrasion resistant hard plastic cap.
- Neoprene split strap and sizing pads.
- Flat kneeling surface.
- Hook and loop neoprene split strap and sizing pads.
- Unique sizing pads assure customized fit.

**Resistance:** Abrasion

**Size Group:** One Size Fits All

**Color:** Black; Blue



SKU	Material	Fastening Method
561-121	Gel-Injected EVA Foam; Neoprene	Hook and Loop



**Flexible PVC Large Cap**

**Features:**

- The soft foam padding and flexible rubber caps on this model offer a wide area of protection, extra durability and bend with the knee for added comfort.
- EVA foam padding for comfort and cushioning.
- Wide flexible PVC cap provides broad area of protection, durability and ergonomic fit.

**Resistance:** Abrasion; Moisture

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
561-126	EVA Foam (Padding); PVC (Cap)	Adjustable Hook and Loop



**Plastic Cap Knee Pads**

**Features:**

- Protect your knees against injuries often sustained as a result of constant kneeling.
- These lightweight pads have hard caps made of abrasion resistant plastic.
- The soft foam padding and adjustable straps ensure hours of comfort.

**Resistance:** Abrasion

**Size Group:** One Size Fits All



SKU	Material	Fastening Method
561-125	EVA Foam; Polyester/Tricot; Polyurethane	Adjustable Hook and Loop



**Wrist Assist™**

**Features:**

- Woven elastic delivers comfortable compression to help diffuse stress over a broader group of muscles and other tissue.
- Helps reduce strains and swelling.

**Closure Type:** Hook & Loop

**Material:** Elastic

**Fastening Method:** Elastic



SKU	Type	Size Group
561-310-158	Wrist Support	Regular