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.

**1 - Floor type**
Carpet or hard floors?

**2 - Workspace area**
Movement and shape
Take into account your movement within the 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

**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

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

LOW PILE 3/8”  MEDIUM PILE 3/4”  HIGH PILE 1” = Work Better