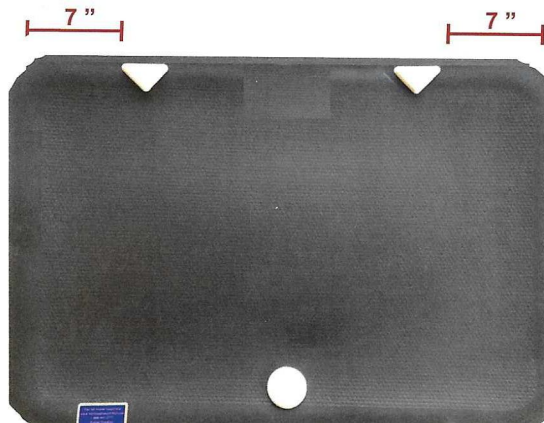


CUSTOMER ASSEMBLY INSTRUCTIONS

CUSTOMIZATION: Your mat is configured for optimal performance on most surfaces and **may not need any changes**. However, a customization kit is included which allows you to add up to 3 pieces (one large round and two triangles) if needed for higher friction floors.

THE GOAL is to use the MINIMUM pieces necessary so the mat moves with LIGHT pressure on the activation pad BUT DOES NOT MOVE with moderate or heavy pressure. The activation pad reverts to a high friction mode when more than light pressure is applied, and this SAFETY FEATURE should not be over-riden by adding more pieces than necessary.

1. **PRACTICE** the light touch necessary for movement on your floor.
 - **CARPET MODEL: Rarely is any change needed for industrial carpets with soft, low piles.** Some high friction types such as Berber, sculpted, stiff, or long pile executive carpets may require one or more of the custom **PLASTIC** pieces.
 - **HARD SURFACE MODEL: Rarely is any change needed for wood, concrete or tile surfaces.** For plastic chair mats and vinyl floors, one or more custom **FELT** pieces may be required.
2. **IF CUSTOMIZATION IS NEEDED** for the mat to move more easily:
 - a. **Start with the large round piece with the cutout center.**
Do not pull off the paper covering the adhesive, but just slip it on over the round activation pad to test. If the mat now meets the GOAL, remove the paper, affix it permanently, and STOP HERE.
 - b. **If still more ease of movement is needed, attach the two triangles** as shown below, about 7 inches from each end.





MADE IN THE USA
PATENTED



OPERATING INSTRUCTIONS

OiC Innovations
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THE OBJECTIVE is to move the mat in two steps, one foot (12 inches) each time.

TO CHANGE TO A SITTING POSITION

Place both hands on the desktop for balance and step back off the mat. Place the **Ball** of one foot on the activation pad and **push** the mat forward about one foot. Step forward and **push** the mat the remaining foot under the desk.

TO CHANGE TO A STANDING POSITION

Elevate the desk and place both hands on the desktop for balance. Place the **Ball** of one foot on the activation pad and **pull** the mat from under the desk about one foot toward you. Take a step **back** and **pull** the mat the remaining foot into position.

CHANGE POSITIONS OFTEN - ideally every hour on the hour.

WALKING EXERCISES WHILE STANDING ON THE MAT

- Lift one heel, drop it and then lift the other, alternating back and forth.
- Spread your feet and rock side to side, using your hips.
- Rock forward and back on the heels and balls of both feet.
- Lift one knee so the foot comes off the mat and then the other, alternating.

Note: Exercises are further enhanced when using the "Foot Wedge".

CAUTION

- DO NOT wear high-heeled or unstable shoes on the mat.

DISCLAIMER: As with all floor mats, The Sit Stand Smart Mat creates a raised surface and care should be taken to avoid tripping when stepping on, off, or walking across the mat. Purchaser assumes all risk of liability and damages due to improper use.

www.SitStandSmartMat.com