

## Use and Care Manual

### **What are the cleaning instructions?**

It is safe to use mild soap and water and gently cleaned with a sponge or cloth without causing damage. However, we recommend avoiding using a vacuum or harsh chemicals.

### **Are the mats water/liquid resistant?**

Yes, tiles don't soak up water and liquids can be cleaned off easily with a cloth.

### **Can I use a vacuum cleaner on the mat?**

We recommend avoiding using a vacuum as suction power may be too strong and cause damage.

### **Should I use a rug pad under the mat?**

Although it is not required, tiles can be anchored with a heavy object or a rubber mat placed underneath them.

### **Can the mat be placed on carpet?**

Placing tiles on low-pile carpet is usually fine, however, we do not recommend using them on medium to high pile carpeting.

### **Can heavy furniture or gym equipment be placed on the mats?**

We do not recommend placing heavy furniture or gym equipment on top of the mats, as they are likely to leave a permanent indentation.

### **Are they heat resistant/can they be placed on a heated floor?**

No, tiles should not be placed near a heat source or on top of a heated floor.

### **Are they non-slip?**

Tiles can be anchored with a heavy object or a rubber mat placed underneath. They did not slide on smooth floors with my body weight on top.

### **Are they safe for kids?**

Yes, they are made from a non-toxic EVA foam that is safe for children use

### **How can I custom fit the foam tiles exactly in a room/Can you cut them?**

Interlocking floor mats can be easily cut with scissor or blades to custom fit them to any room