

# THE IMPORTANCE OF MOBILITY



**RED KAP**  
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## INTRODUCTION:

It's important that workers be able to **MOVE COMFORTABLY IN THEIR WORKWEAR** while bending, squatting, and reaching. By taking mobility into consideration, uniform manufacturers can help create a work environment that is safer, more comfortable, and more efficient for employees.

This white paper explores the importance of providing innovative uniforms that have been designed for optimal mobility.

## CHALLENGES IN TRADITIONAL WORKWEAR

Traditional workwear often consists of rigid fabrics that limit the wearer's range of motion, making it difficult to bend, squat, or reach comfortably. It often lacks sufficient stretch or flexibility in its fabric composition.

In addition, standardized sizing in traditional workwear may not accommodate a diverse range of body shapes and sizes, leading to restrictions in movement for certain individuals.

Wearing uniforms with limited mobility features can lead to discomfort, fatigue, and increased vulnerability to workplace injuries. It can also impede the wearer's ability to react quickly to unexpected hazards or emergency situations, which also increases the risk of accidents.

On top of the problems associated with comfort, safety, and fit, the restrictive nature of traditional workwear can slow down performance, as employees may struggle to maneuver efficiently in their attire.

And finally, persistent discomfort and frustration from mobility constraints in traditional workwear can negatively impact employee morale and job satisfaction.



## DID YOU KNOW?

According to a study by Coventry University in 2022, well-made, well-fitting uniforms **can increase the happiness and confidence of employees by up to 22%.**



## UNIFORMS BUILT WITH MOBILITY IN MIND

Uniforms with strategically placed stretch panels are a cornerstone of modern workwear design. These fabrics typically incorporate elastane or spandex fibers, along with other materials such as polyester or nylon to provide optimal flexibility and stretch while maintaining durability and shape retention.

**Placement:** Stretch panels should be strategically positioned in areas where the body requires the most flexibility and mobility, such as the shoulders, elbows, knees, and back. By focusing on these key zones, stretch panels allow for unrestricted movement during tasks that involve bending, squatting, reaching, and lifting.

**Articulated Joints:** Articulated joints in conjunction with stretch panels to further optimize mobility. These joints are constructed with multiple panels of fabric that mimic the natural contours and movements of the body, ensuring a comfortable fit and full range of motion.

**Gusseted Panels:** Gusseted panels are another common feature in workwear that enhance mobility. These triangular or diamond-shaped inserts are sewn into the crotch area of pants or the underarm area of shirts to reduce stress on seams and provide additional stretch where it's needed most.

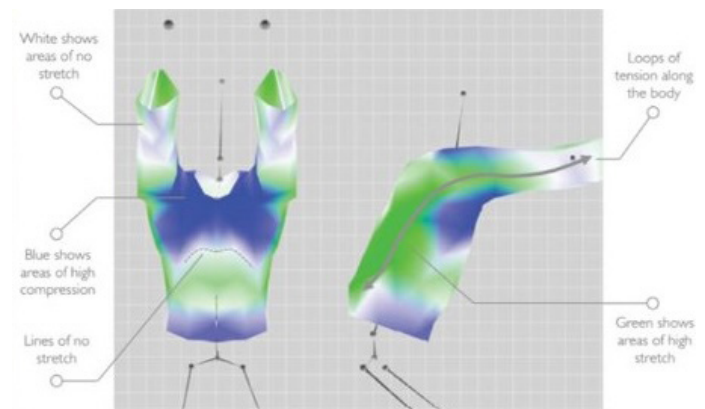
**Multidirectional Stretch:** High-quality stretch fabrics offer multidirectional stretch capabilities, allowing them to stretch horizontally, vertically, and diagonally. This multidirectional stretch ensures that workers can move freely in all directions without feeling restricted by their clothing.

**Versatility:** Stretch fabrics with strategically placed panels are versatile enough to be incorporated into various types of workwear, including pants, jackets, shirts, and coveralls. Whether in construction, manufacturing, food, or healthcare settings, uniforms with stretch panels offer optimal comfort and mobility without sacrificing durability or safety.

## MANUFACTURING STRETCH UNIFORMS

**There is a scientific approach to creating innovative workwear with mobility in mind.** For example, Red Kap® used motion-capture to analyze common body movements and identify the areas where flex panels would yield the greatest impact on mobility, efficiency, and performance.

This led to the creation of a patented line of comfort-focused durable workwear with MIMIX® technology.



**EXAMPLE OF INNOVATIVE WORKWEAR WITH ENHANCED MOBILITY FEATURES: MEN'S PRO PANT WITH MIMIX®**

**Stretch Waistband:** Allows for up to 2" of stretch for optimal comfort and mobility.

**MIMIX® Stretch Panels:** Strategically placed to improve mobility and comfort.

**Flex Panel Fabric:** Made with 93% Nylon / 7% Spandex Elastane for added stretch and durability.



**THE EMPLOYER'S RESPONSIBILITY**

Employers have a responsibility to show their workers that they care about their overall health and wellbeing. By taking things like mobility into consideration, you can help foster an environment that is safer, more comfortable, and more efficient for your employees.

Demonstrating this commitment means involving them in decisions and getting their feedback on the things that matter most. It also means taking the time to truly understand the nature of their work.

**HERE ARE A FEW EXAMPLES:**

**Delivery:** Delivery drivers need to be able to move comfortably in their clothing while bending, sitting, squatting, lifting, and reaching. If their clothing restricts their range of motion, drivers may be more likely to strain a muscle or suffer an injury from overexertion while loading or unloading materials.

**Culinary:** Similarly, mobility is crucial for kitchen staff who are constantly moving around, bending, lifting, and reaching to prepare meals. If their uniforms are restrictive or ill-fitting, it can slow down food preparation processes and increase the risk of accidents, spills, or burns.

**Construction:** Construction and industrial workers need to be able to move comfortably in their workwear when climbing ladders, bending to pick up materials, and performing their day-to-day tasks. If their clothing restricts their movement, these workers may be at a higher risk of accidents and musculoskeletal injuries.

**Uniforms with strategically placed stretch panels and innovative mobility features revolutionize traditional workwear.** They offer enhanced mobility, comfort, and performance for workers across diverse industries. By prioritizing flexibility and freedom of movement, these uniforms empower workers to perform their tasks with increased safety, comfort, and efficiency.

# CONCLUSION:



As leading experts in the workwear industry, we understand the important role that uniforms play in the day-to-day lives of our customers. Here at Red Kap, we make purpose-built uniforms based on the unique needs of your business. We offer a wide-range of innovations such as MIMIX®, Coolcore®, and SafeCinch® to help enhance the wearer's experience.

Make the decision to prioritize mobility and high quality uniforms by partnering with us. We will utilize our full portfolio of products to develop a uniform program that works for you.



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## REFERENCES

Moody, Lisa. (2022). *Exploring the relationship between uniform and perceived employee happiness and productivity*. Journal of Fashion Marketing and Management. 27(2), 311-334. <https://doi.org/10.1108/JFMM-09-2021-0223>