



How to set up your Anti-static mat and wristband

Using a anti-static mat and wristband to prevent ESD

Written By: Austin Pollard



INTRODUCTION

Using a anti-static mat and wristband to prevent ESD

TOOLS:

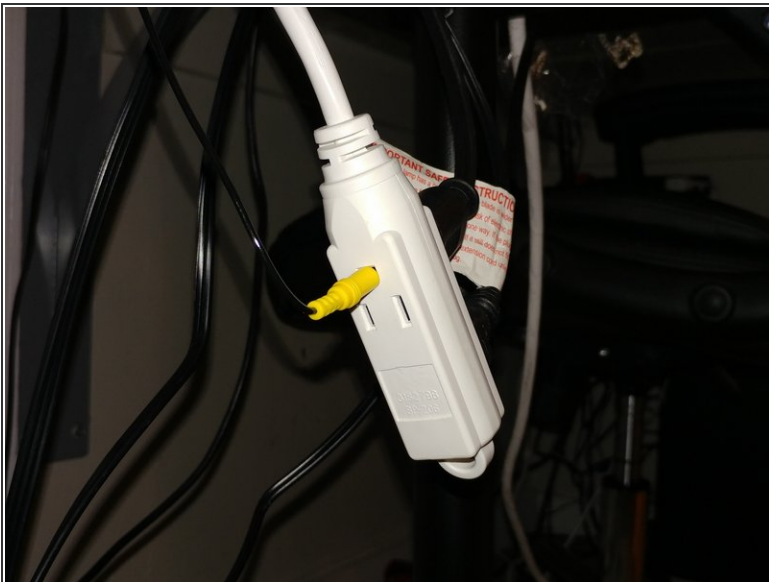
- [Anti-Static Mat](#) (1)
 - [Anti-Static Wrist Strap](#) (1)
-

Step 1 — How to set up your Anti-static mat and wristband



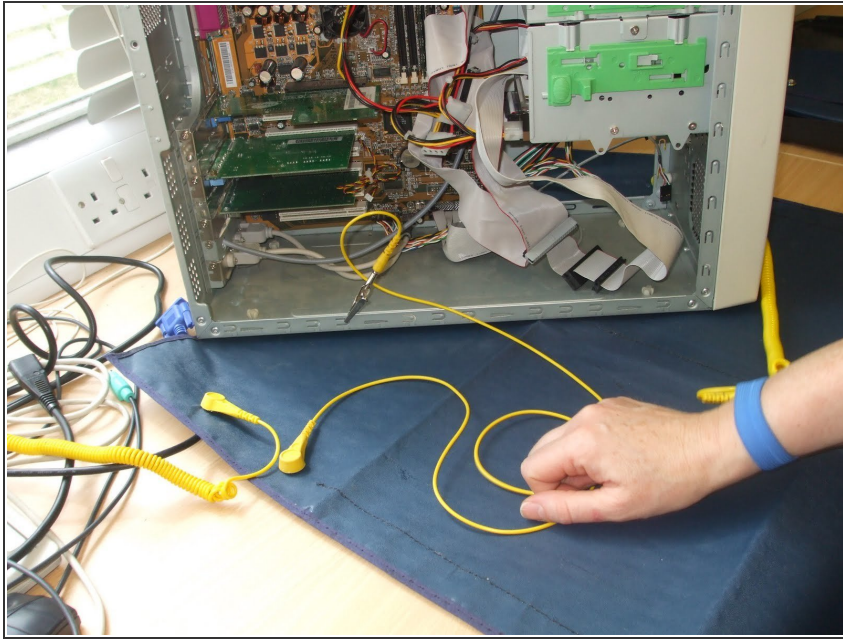
- Using your Anti-static mat and wristband correctly.

Step 2



- **Grounding the mat.**
- The connection will snap to one of the buttons on the corner of the mat and go to a grounding source such as a socket.

Step 3



- With the device unplugged and on the mat. The alligator clip connects to the metal chassis of the electronic device on one end and the other to your wrist or to the mat if unable to ground the mat to a socket

You are now safe from electrostatic discharge (ESD)