CASE STUDY

Lettuce Field in the UK

▼ 24% Back Injury

SITUATION

Bad Form

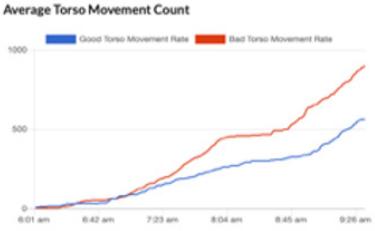
Working in a lettuce field can be extremely strenous as it requires constant bending over to tend to lettuce. Workers also bend over to lift large bins of lettuce and stack them on top of one another. Most common injuries were to the lower back.

3 workers were outfitted with the Boost watch and trunk pod.

The results were typical of what we find in the farming sector:

- Bad lifts exceeded good lifts with medium risk.
  - Bad Lifts = 900
  - Good Lifts = 562

Avg VO2	Peak VO2	Max V02	Avg Heart Rate	Peak Heart Rate	Good Torso Movement Count	Bad Torso Movement Count	Squat Count	Step Count	RPE
10.82	30.77	41.00	102	167	562	900	381	6580	0



INTERDICTION

Improve Form

Watch provided haptic cues and displayed warnings of bad form so they could improve while at work.

GoX Labs Boost:

- Samsung Galaxy watch measuring over 20 form, force, fatigue, fitness, performance and environmental factors
- Haptic feedback and display warnings on the watch to drink water, use good form, etc.
- GoX Labs motion pod measuring 3D movement of selected body part such as trunk or arm
- Dashboard providing real-time status risks by groups and workers

CASE STUDY

RESULTS

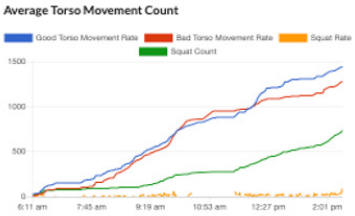
61% Decrease in Back Injury & 35% Heat Stress

The results were significant and sustained. Risks dropped while productivity increased Haptics improved lifting form reducing back injuries.

Our client realized:

- 24% reduction in “bad lifts” from 62% to 47%
- Average and peak heart rate decreased
- Peak VO2 decreased

Avg VO2	Peak VO2	Max VO2	Avg Heart Rate	Peak Heart Rate	Good Torso Movement Count	Bad Torso Movement Count	Squat Count	Step Count	RPE
10.12	24.32	41.00	91	152	1443	1279	740	13903	0



How it Works

1 User puts on watch at the beginning of the day.

2 Critical physiological & biomechanical data collected measures risk shown in green, amber, & red. If risk is too high haptic feedback alerts the worker.

3 Data is continuously collected on the watch and uploaded to the cloud when connectivity is established via wifi or cellular.

4 At this time, managers, executives, and workers can view the data from the dashboard on their computer or phone.

Learn how your company can benefit from Boost wearable today.
Visit us at goxlabs.com or contact us at info@goxlabs.com

Boost powered by X