CASE STUDY


# Haptic Cue Injury Reduction

## Bad Lifts

## SITUATION

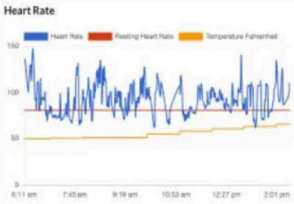
**Bad Form**

Lifting or bending over with bad form makes the heart rate rise leading to faster fatigue and ending in back injuries.

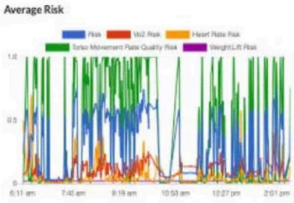
The results:

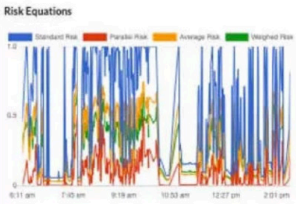
- Bad lifts exceeded good lifts

| 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 |

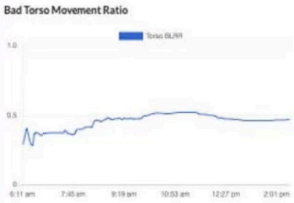










## INTERDICTION

**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

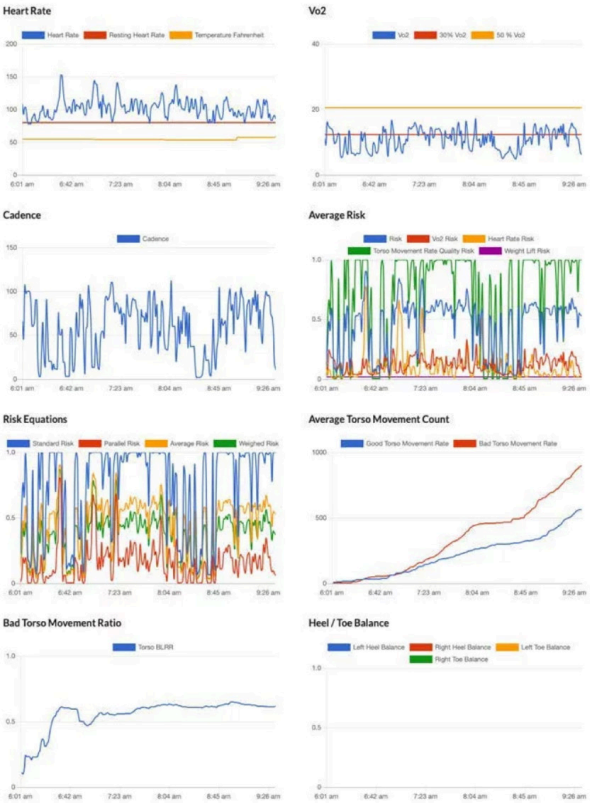
## RESULTS

### Decrease in Bad Form, Heart Rate, and VO2

Our client realized:

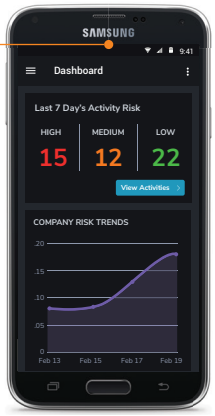
- Reduction in overall bad lifts
- Average and peak heart rate decreased
- Peak VO2 decreased

| 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 |
|---|---|---|---|---|---|---|---|---|---|
| 10.82 | 30.77 | 41.00 | 102 | 167 | 562 | 900 | 381 | 6580 | 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**

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