

Soter Analytics



SoterClip&Go

Preventing Ergonomic Injury in the Workplace

USER GUIDE

SOTERCLIP&GO OVERVIEW



SoterClip&Go is a wearable device designed to help raise awareness and then reduce hazardous manual handling movements.



SoterClip&Go delivers real-time feedback using the Soter device.



Wear the device, listen for the live feedback, and learn about your hazardous movements. Dock the device everyday and review your data.





Soter Clip&Go

Consists of a wearable device providing you live feedback about your hazardous movements at work.

Feedback coaches you to use better working postures and avoid ergonomic injury

You must register and wear the device during your workday to learn about your hazardous movements.



Soter device



No on/off button

Button lets you know the device is on (will beep if pressed)

No GPS or location tracking

HOW TO WEAR THE DEVICE (BACK PROGRAM)



Clipped to the back of your shirt, in the midline close to your spine as shown in the picture

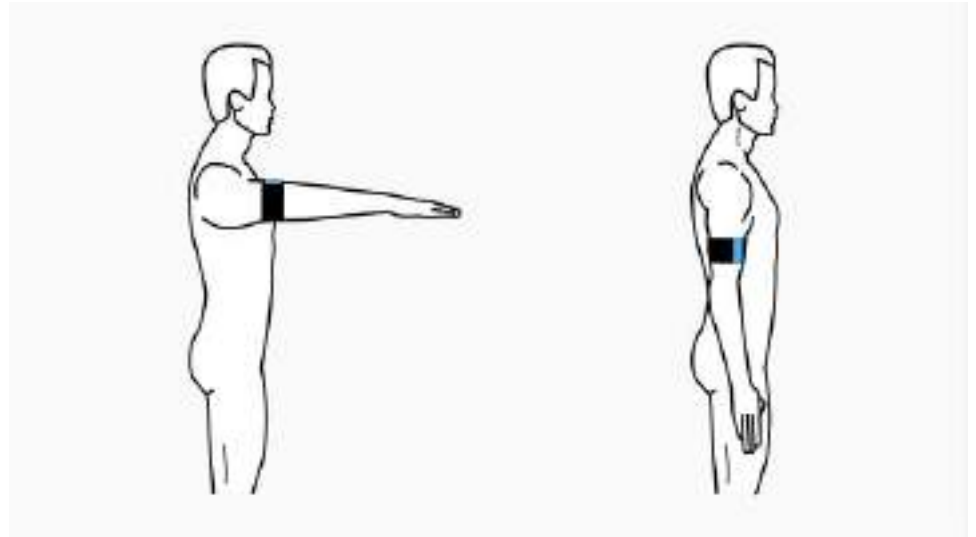
The closer it is to the body the better (i.e. do not wear it on the jacket, hoodie, etc.) The neck of a t-shirt or hi-vis vest is perfect



HOW TO WEAR THE DEVICE (SHOULDER PROGRAM)



The device should be placed somewhere between the shoulder and the elbow with the device's usb port located down the arm (as shown in the pictures below)



How the device works



- Measures all the bending and twisting movements you make
- Calculates if the movement is hazardous
- If it is hazardous, the device gives an audible and vibration notification
 - There is potential for up to 10% false positives
- We are aware the notification may annoy you, it is required to make you aware of your hazardous movements and initiate a change in your movement.



What are hazardous **spine** movements?

A spine hazardous movement is any movement associated with an increased risk of injury:



Poor lifting technique,
forward bending with
high intensity

Notification
3 long beeps & vibration



Poor lifting technique,
forward bending with
low intensity

Notification
1 short beep & vibration



Twisting
(rotation of the trunk)

Notification
3 short beeps & vibration



Sustained awkward
posture

No notification
Data available in app



What are hazardous **shoulder** movements?

A shoulder hazardous movement is any movement associated with an increased risk of injury:



Arm elevation:
involves elevation of the arm in any direction over the shoulder level – with or without load



Static Arm Elevation:
elevation of arm in any direction of more than 90 degrees – with or without load – and sustaining this position for 30 seconds

low
intensity
Notification

1 long beeps & vibration



Hazardous pushing & pulling: pulling with open shoulder, pushing and pulling with arms elevated, jerky pushing and pulling, sudden forces

Notification

3 long beeps & vibration



Repetitive arm movements: elevation of arm in any direction for more than 90 degrees and for more than 2 times per minute

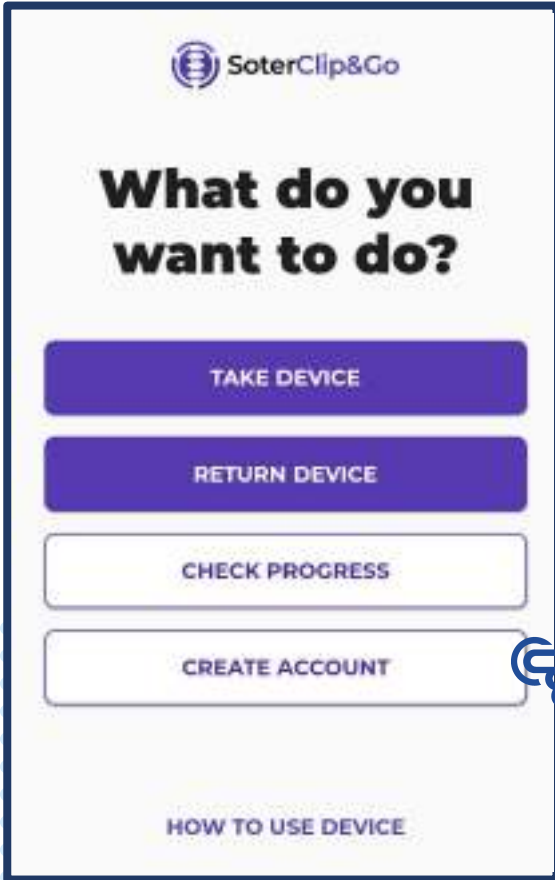
high
intensity
Notification

3 long beeps & vibration



Overexertion: Spending more than 10% of working time with arm elevated

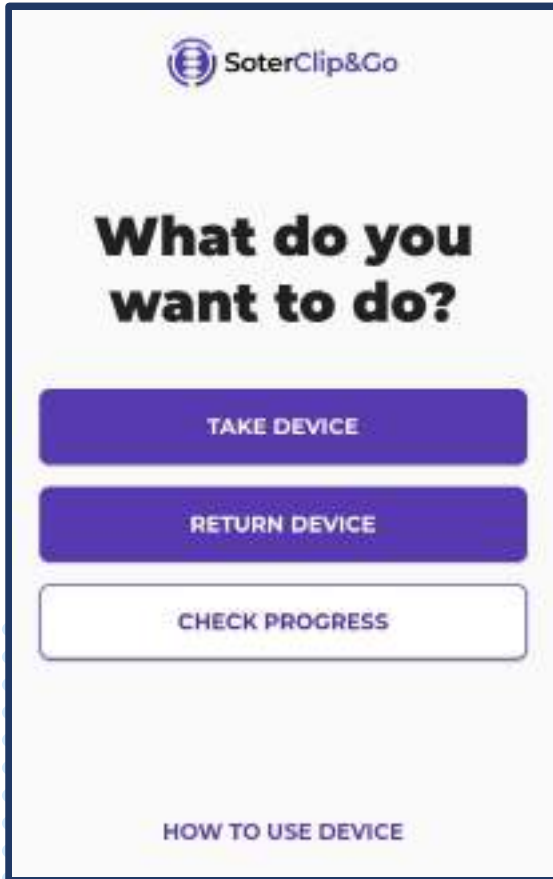
CREATE AN ACCOUNT



Create your Soter account before taking a device

- make sure you remember your login or keep it somewhere accessible (!)

TAKE DEVICE



SoterClip&Go

What do you want to do?

TAKE DEVICE

RETURN DEVICE

CHECK PROGRESS

HOW TO USE DEVICE

Collect a Soter device at the beginning of your workday.

- Click “Take Device”
- Enter your employee ID
 - Your first time, you’ll need to accept T&Cs

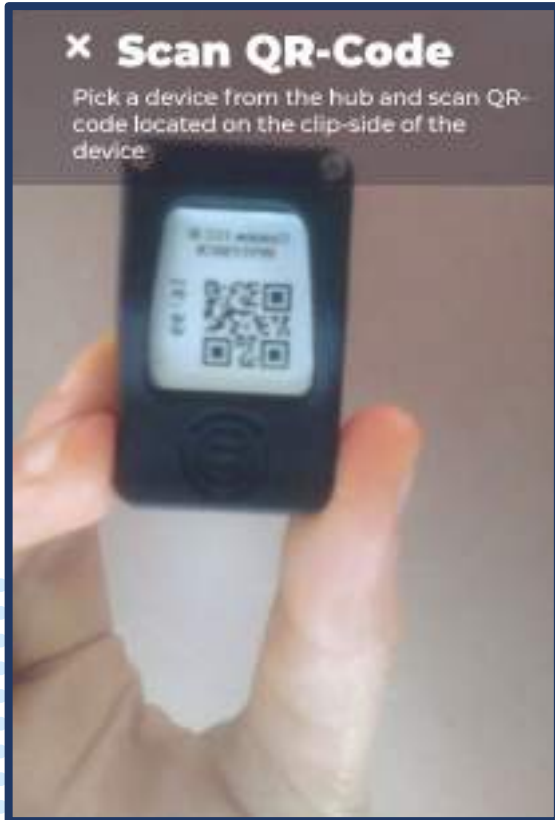


X Take device

Enter your employee ID

CONFIRM

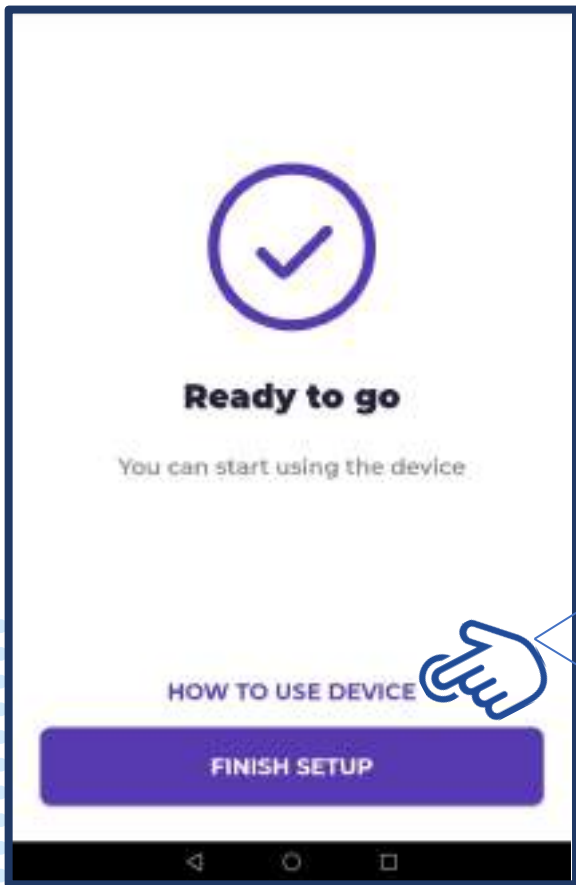
TAKE DEVICE



Grab a device from the dock scan the QR code and Choose a program, Spine or Shoulder.



TAKE DEVICE



Instructions are available for you to review

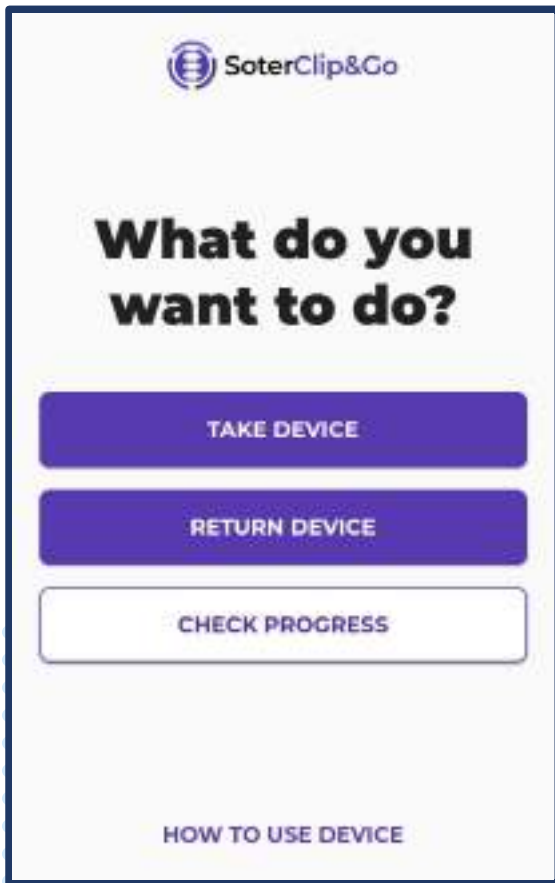
Click “Finish setup” to start your day

- Your first day will not have any notifications



There are no notifications on the first day of usage on every user account.

RETURN DEVICE



At the end of your workday, return the Soter device to the charging hub

- Click "Return Device"
- Scan your device QR code



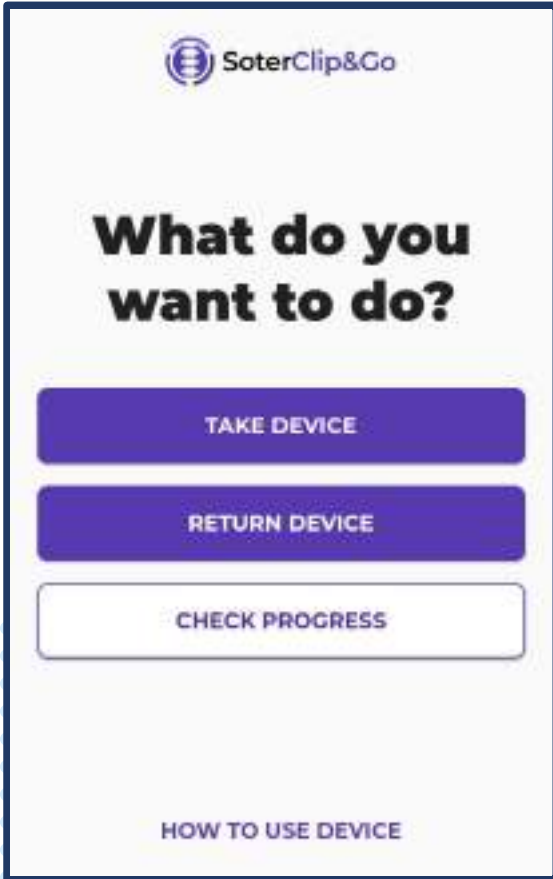
RETURN DEVICE



Your data will be downloaded automatically and available for you to review.

Place the device firmly into an open charging slot.

REVIEW DATA



To review your personal data, click “Check progress” and enter your employee ID.

Scroll through your most recent day, your previous days, and review your improvement and rewards.

START CLIP&GO

Soter Analytics



LINK A DEVICE AND START YOUR WORK DAY



NOTIFICATIONS START AFTER WEARING THE DEVICE FOR 8 HOURS



LISTEN FOR THE NOTIFICATION AND A LEARN TO AVOID HAZARDOUS MOVEMENTS



RETURN YOUR DEVICE TO SYNCHRONIZE YOUR DATA



WEAR THE DEVICE FOR MANY WORKDAYS TO IMPROVE YOUR MOVEMENTS