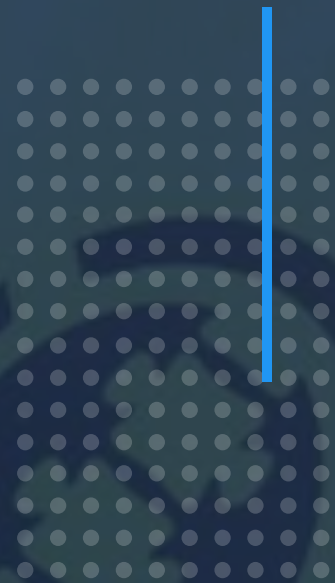


Soter Analytics



SoterCoach

User Guide



SOTERCOACH OVERVIEW

Soter Analytics



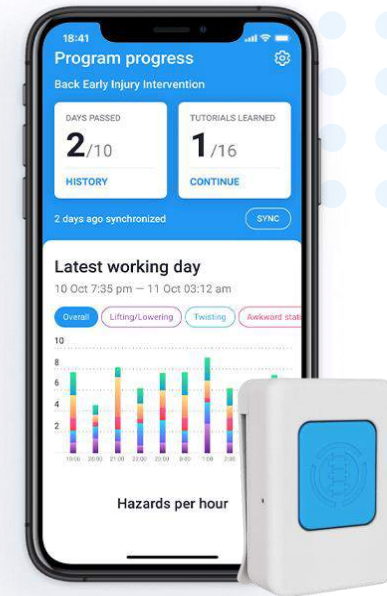
A 2-week training program to help coach you to use better postures and avoid ergonomic injuries.



Consists of wearable sensor and a App

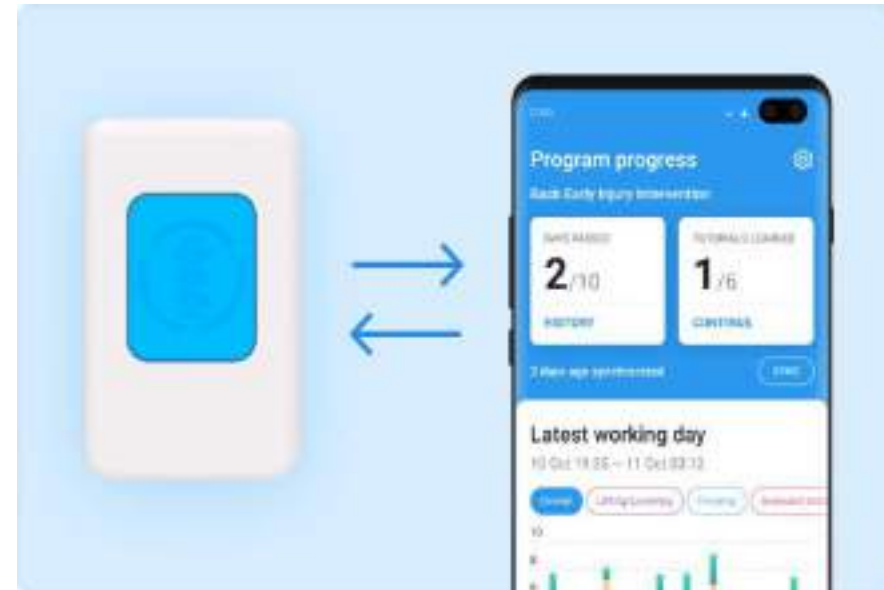


Can track the shoulder or the back



SOTERCOACH PROGRAM

- **10 working days training program**
- It consists of a wearable device and a mobile/tablet application
- You must wear the device and synchronise on the app every working day to successfully complete the program



SOTER DEVICE

- 30-day battery life
- No on/off button
- Button lets you know the device is on (will beep if pressed)
- No GPS or location tracking



WHAT THE DEVICE MEASURES

If the device is worn for a Back program:

- Bad lifting
- Back twisting
- Repetition
- Heavy lifting
- Static posture

If device is worn for a shoulder program:

- Arm elevation
- Pushing and Pulling
- Static arm elevation
- Repetitive Arm Movements
- Overexertion

WHAT IS A HAZARDOUS MOVEMENT (BACK) ?

A 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 IS A HAZARDOUS MOVEMENT (SHOULDER) ?



Pushing and Pulling

Hazardous Pushing and pulling movements with arm elevated or pulling with an open shoulder, jerky movements-based on the intensity model

Notification= 3 short beeps & Vibration



Arm elevation

When arms are elevated above 90 degrees with or without load

Notification= 1 Short beep & Vibration



Static arm elevation

Arm in any direction for more than 90 degrees - with or without load and sustaining this position for 30 seconds

Notification = 3 long beeps & vibration



Repetitive arm movements

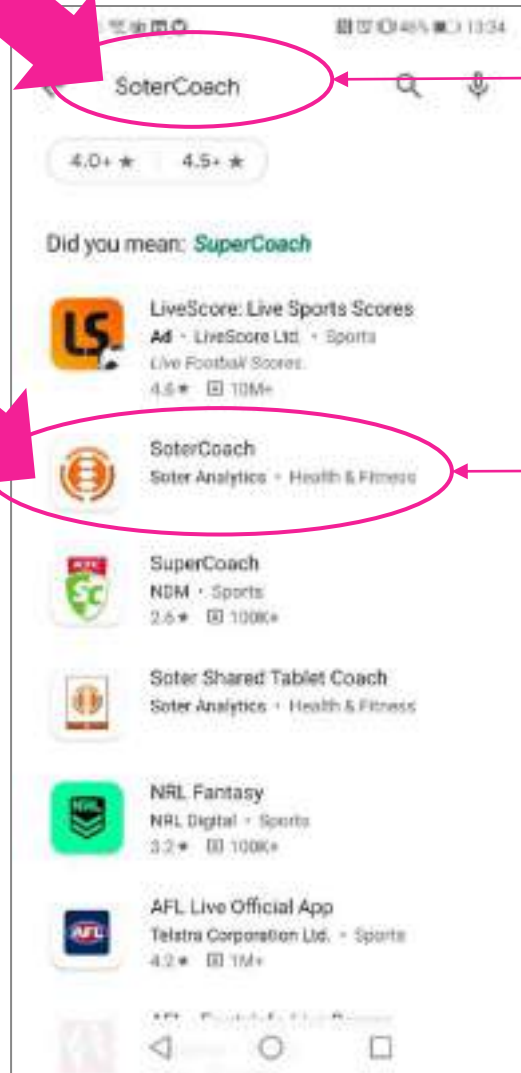
More than 90 degrees and for more than 2 times per minute

Overexertion

is the cumulative arm elevation for more than 10 % of working time

Notification = 3 long beeps & vibration

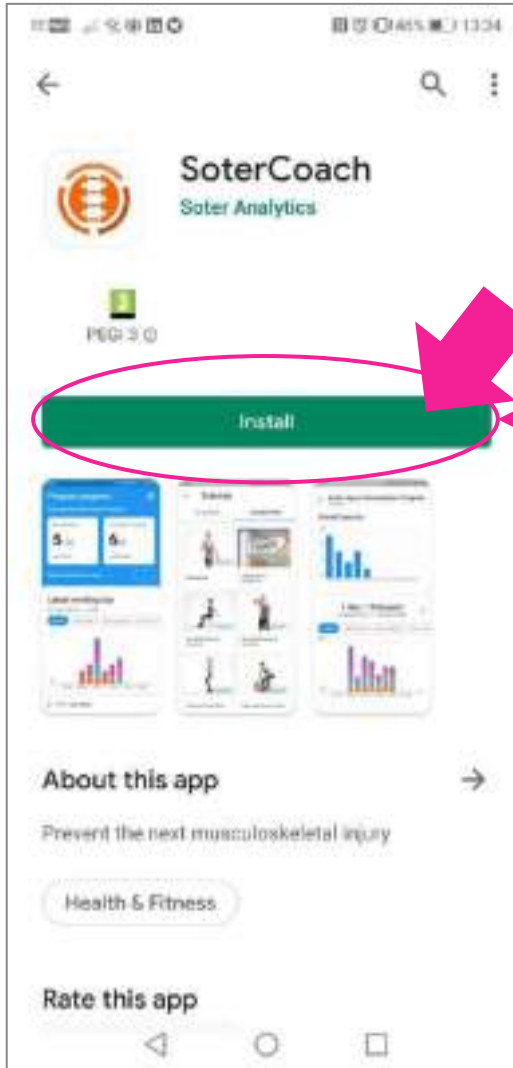
DOWNLOAD FROM APP STORE OR GOOGLE PLAY



In the search bar of the App store or google play type in **"SoterCoach"**

Select the SoterCoach icon highlighted in the picture

DOWNLOAD FROM APP STORE OR GOOGLE PLAY



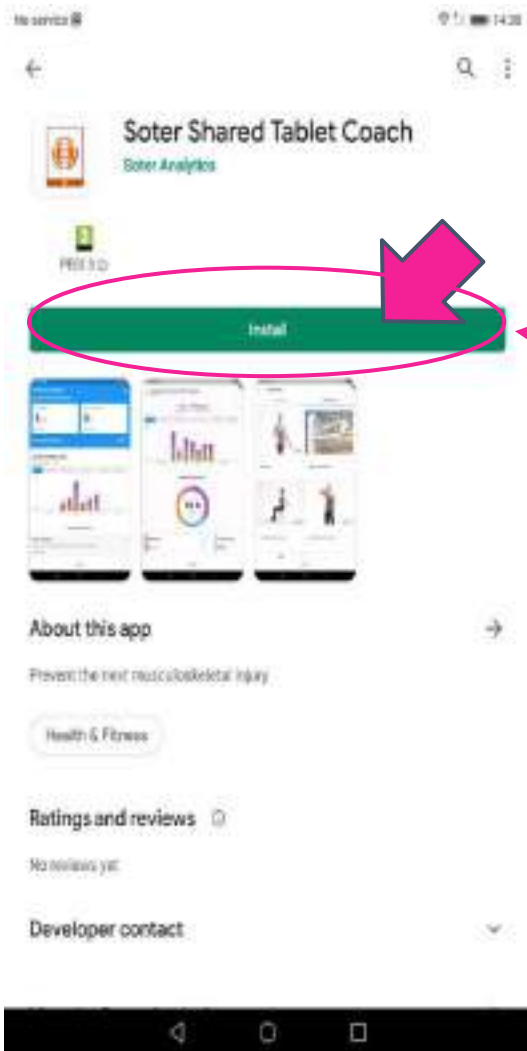
• On the apps download screen, press the green install button

Soter shared tablet coach



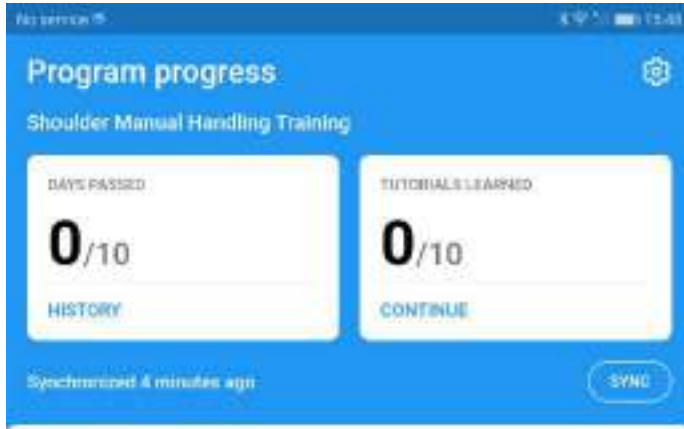
Soter shared tablet coach is best for workers who do not have access to their personal phones in the work space environment.

DOWNLOAD FROM APP STORE OR GOOGLE PLAY FOR TABLET



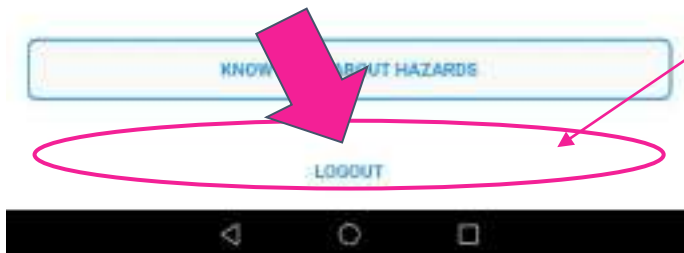
On the apps download screen, press the green install button

Log out



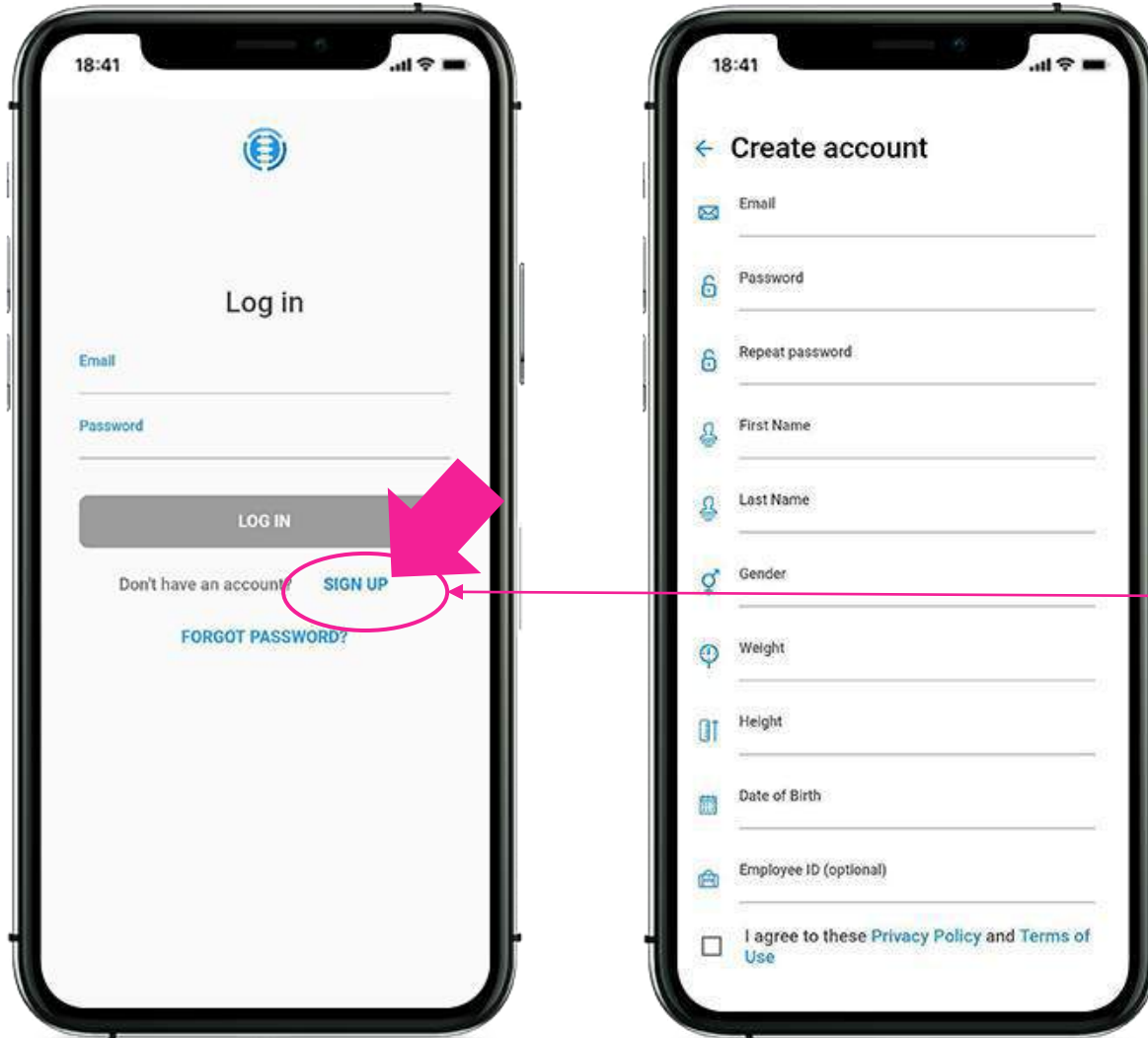
Latest working day

The data will appear after 8 hours of wearing the device



To logout of your account press the blue logout button. There is also an automatic logout feature to enable multiple users.

CREATE AN ACCOUNT

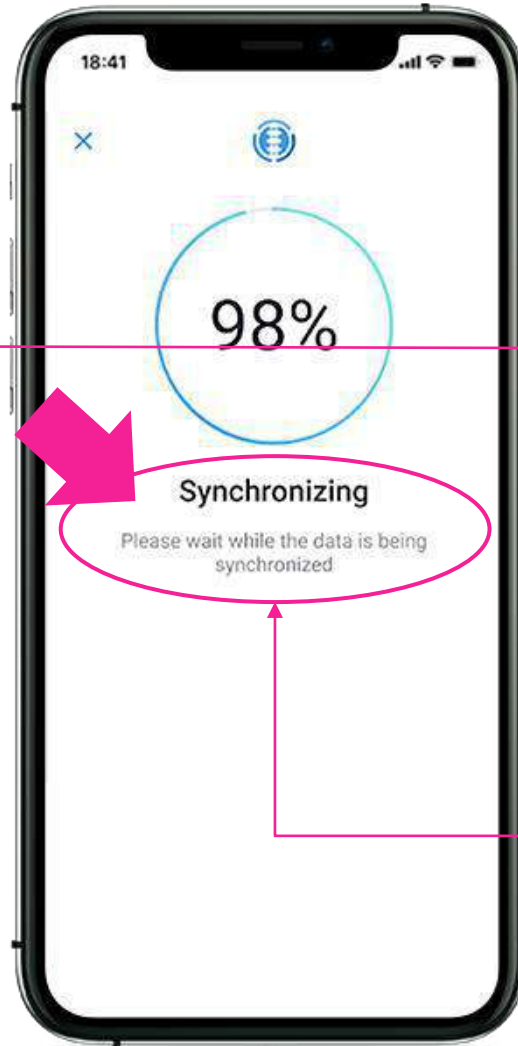
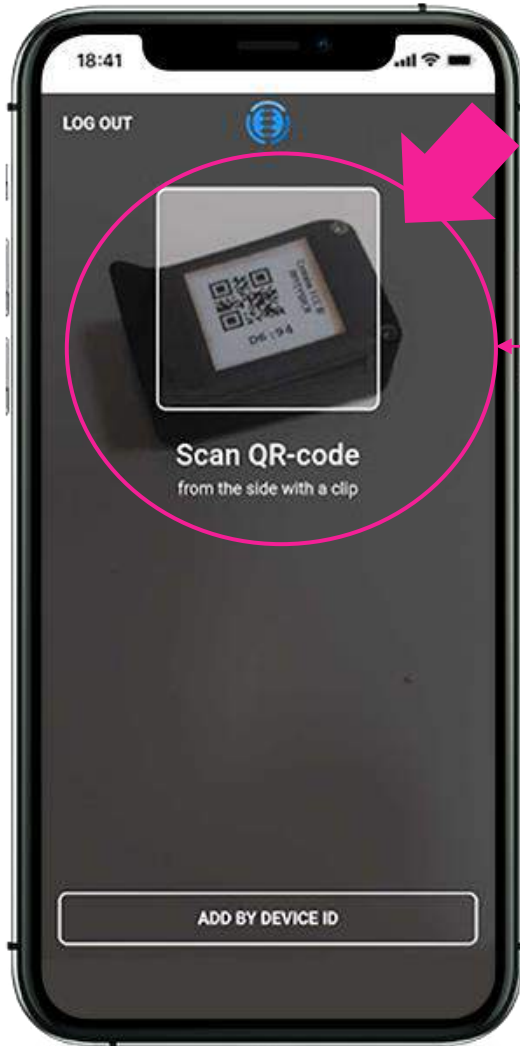


Follow the instructions and fill in the blanks when prompted

Follow the instructions and fill in the blanks when prompted

We use the details you enter on the second screen to personalize your experience

HOW TO LINK THE DEVICE



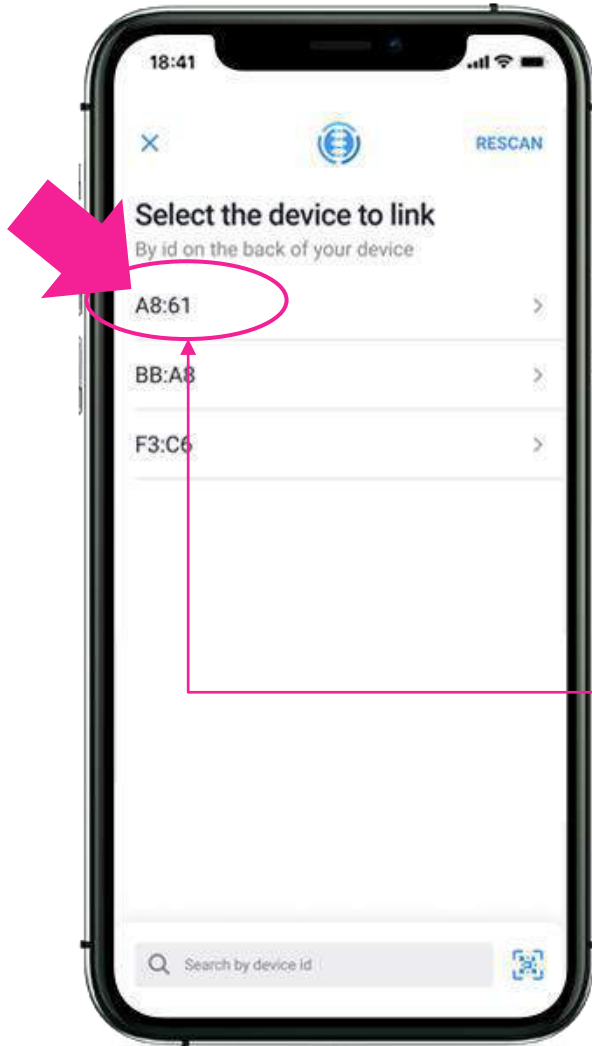
Scan the QR code at the back of the device (as shown in the picture)

Make sure the bluetooth on your mobile device is switched on (!)

The camera should be enabled (!)

Once the device has been found, it will automatically start synchronizing

HOW TO LINK THE DEVICE (MANUALLY)



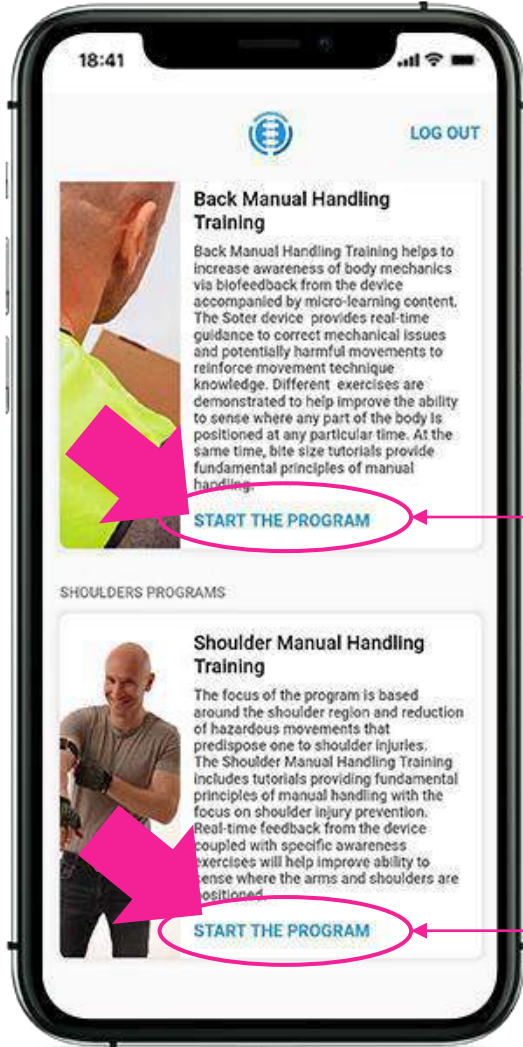
There is a device ID on the back of your SoterCoach device:

This is a 4 character ID (e.g. A8:61 as highlighted in the picture)

Select this device ID from the list of devices in the app

Confirm that device has vibrated

SELECTING A NEW PROGRAM



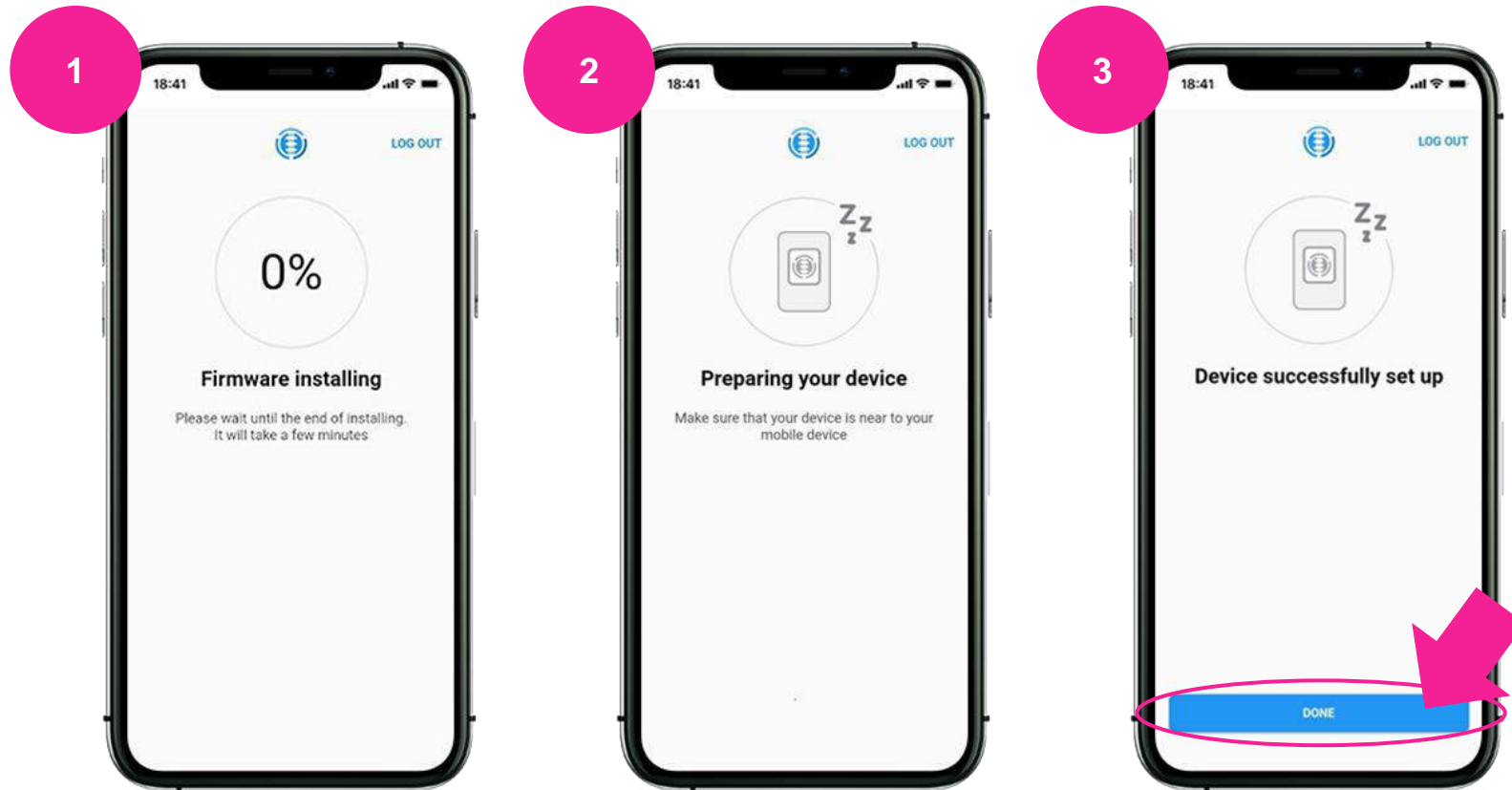
On the **'Choose the New Program'** screen, you will be prompted to choose from the programs which are available to you:

- *Back Manual Handling Training*
- or
- *Shoulder Manual Handling Training*

Once you have selected a program a firmware will automatically install for the chosen program

SELECTING A NEW PROGRAM

- After you have chosen a program, the firmware will install
- After the device is being prepared, it will inform you that the device has been successfully set up



PERSONALISED QUESTIONS

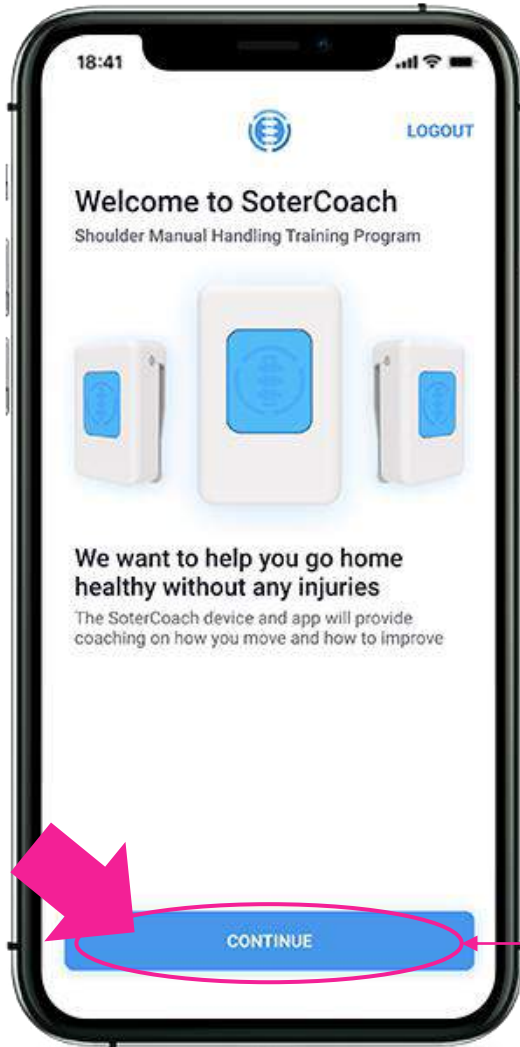


The next step will be to answer two questions about:

- *How you feel after work*
- and
- *Your body awareness during a work tasks*

Simply slide the scroll left or right to the number you wish to display

WELCOME TO SOTER COACH



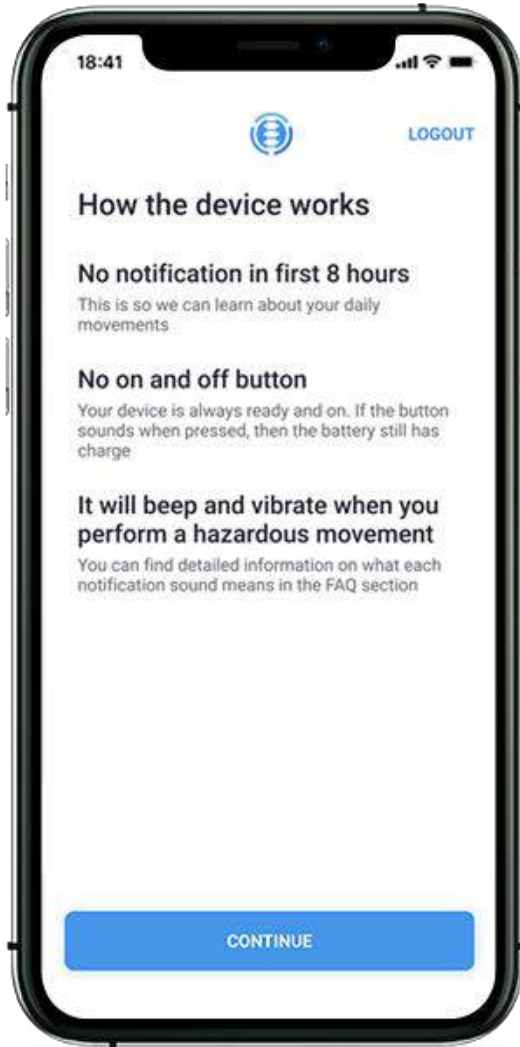
Press the continue button to progress



CONTINUE

HOW THE DEVICE WORKS

Soter Analytics



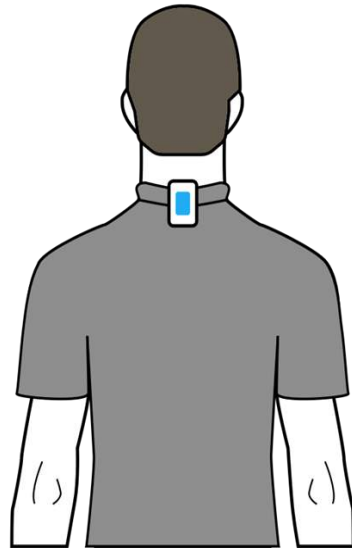
Please read the information on this page

Remember there are **NO** notifications on the first day

HOW TO WEAR THE DEVICE (BACK PROGRAM)

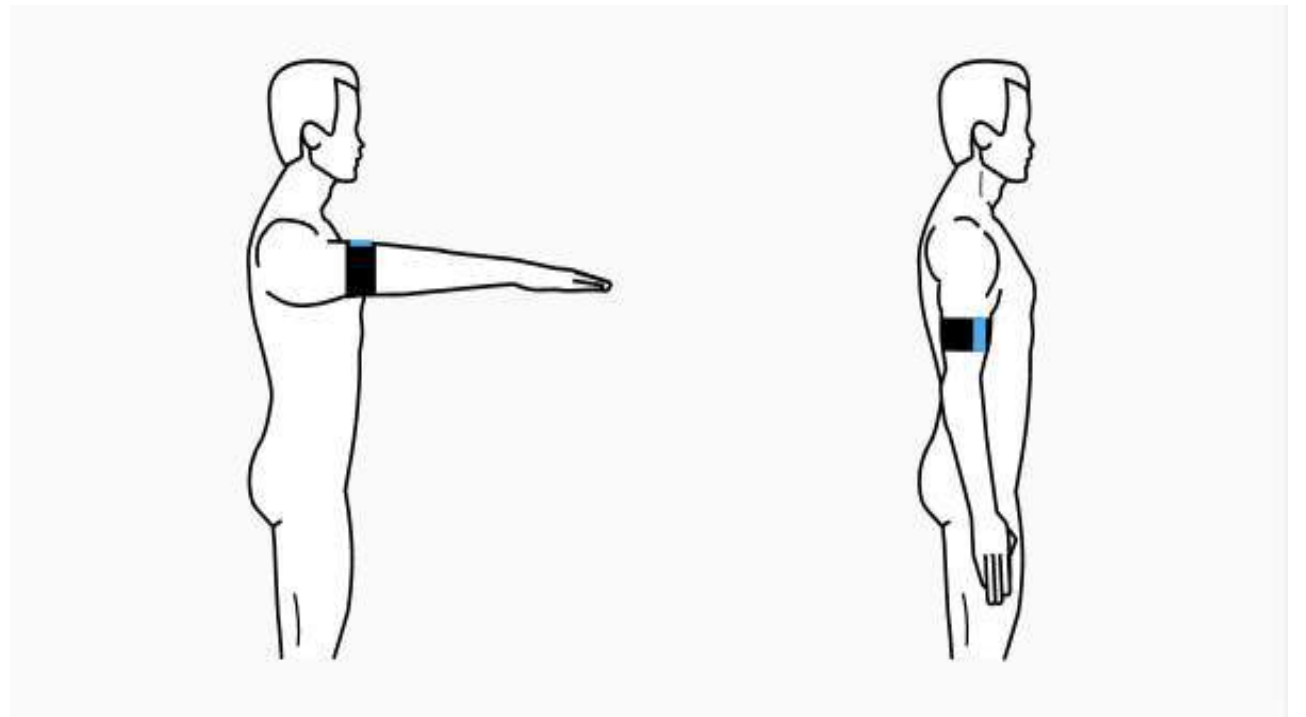
The device clips to the back of your shirt, in the midline close to your spine as shown in the picture

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

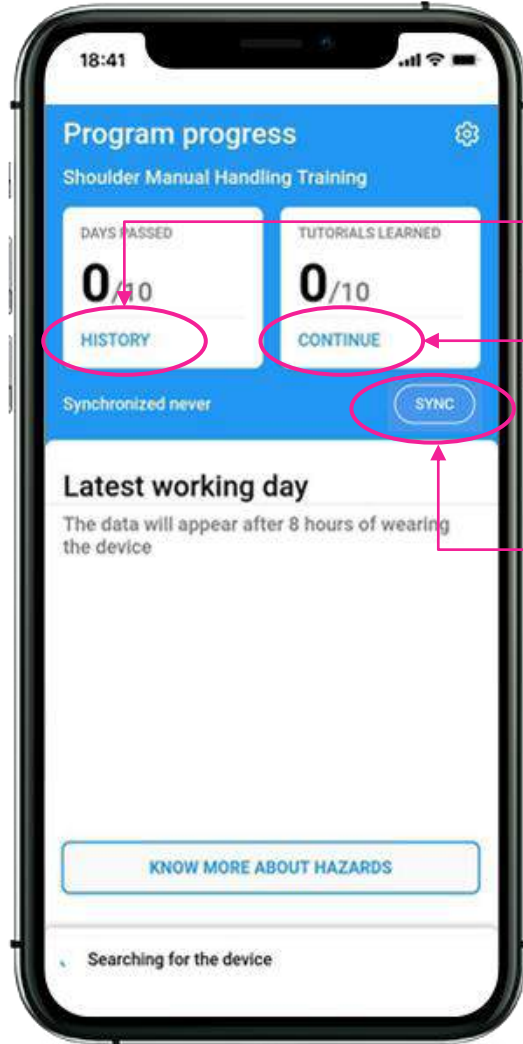


HOW TO WEAR THE DEVICE (SHOULDER PROGRAM)

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)



PROGRAM PROGRESS SCREEN INTRODUCTION



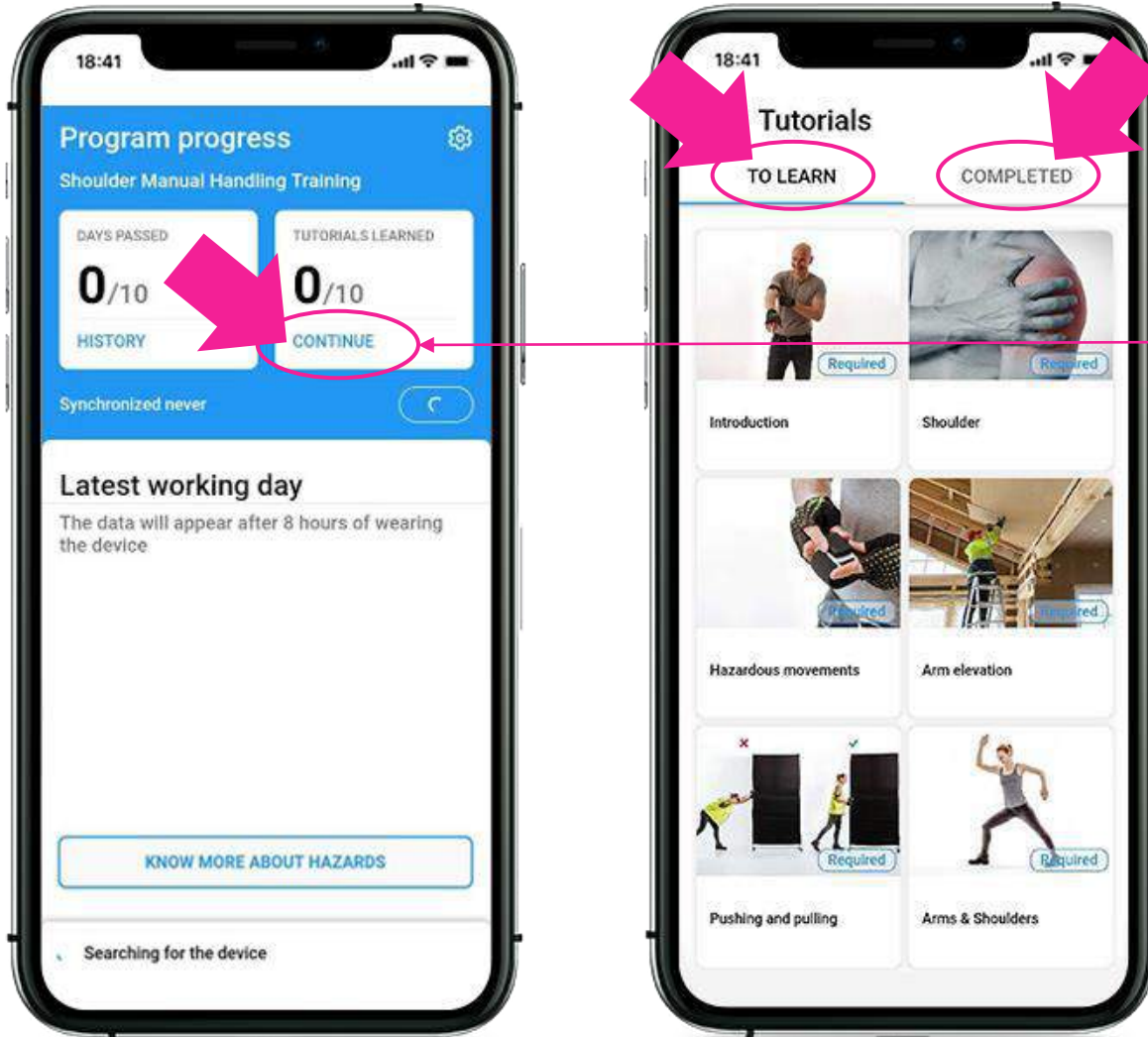
The **Program progress** page is where you can access and synchronize your data

The **History** option allows you to access your overall hazards by day

The tutorials can be learned by pressing the **Continue** icon

After the completion of every workday you will need to sync the data, this can be done by pressing the **Sync** icon

ACCESSING TUTORIALS

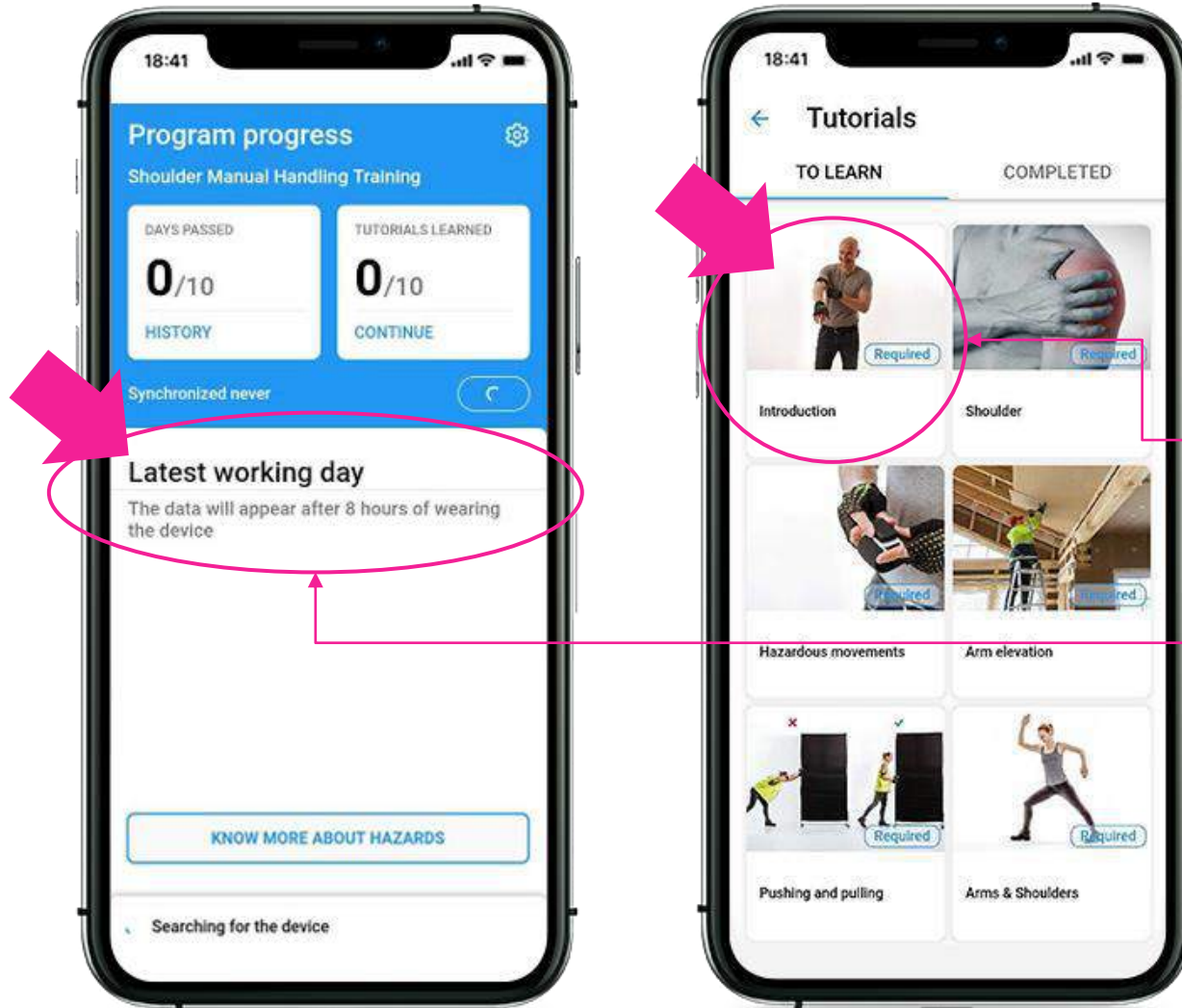


On the program progress page select **“Continue”** on the tutorials learned icon (highlighted in the picture)

The **“To Learn”** icon will show you the tutorials that need to be completed

The completed tutorials can be revisited via the **“Completed”** icon

WHAT TO DO ON THE FIRST DAY



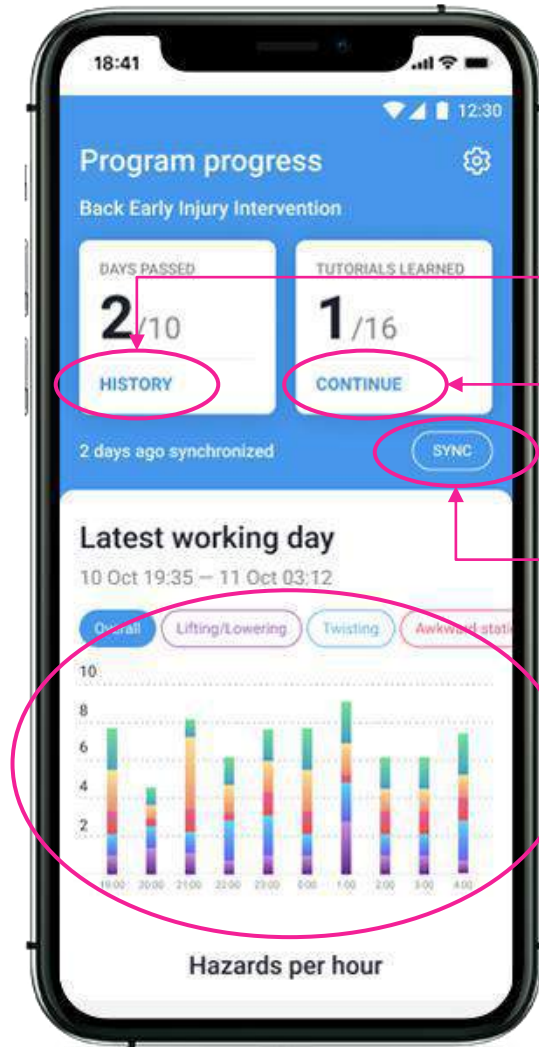
Wear the device for 8 hours

Remember in the first 8 hours there will be **NO** notifications

Read your first tutorial titled “**Introduction**” this will guide you through the initial phases of wearing the device

Check your data when it becomes available, it will appear in the latest working day section highlighted in the screen

PROGRAM PROGRESS SCREEN



The **Program progress** page is where you can access and synchronize your data

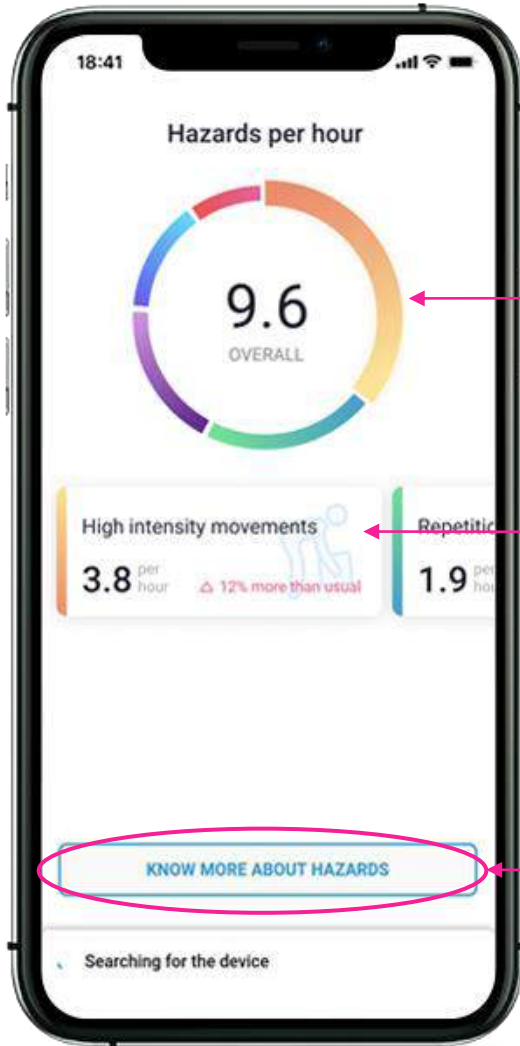
The **History** option allows you to access your overall hazards by day

The tutorials can be followed by pressing the **Continue** icon

After the completion of every workday you will need to sync the data, this can be done by pressing the **Sync** icon

Once the data is synched, these color coded bar charts will appear. These show the amount of hazards and the different type of hazards that occurred during the day and at what time

PROGRAM PROGRESS SCREEN

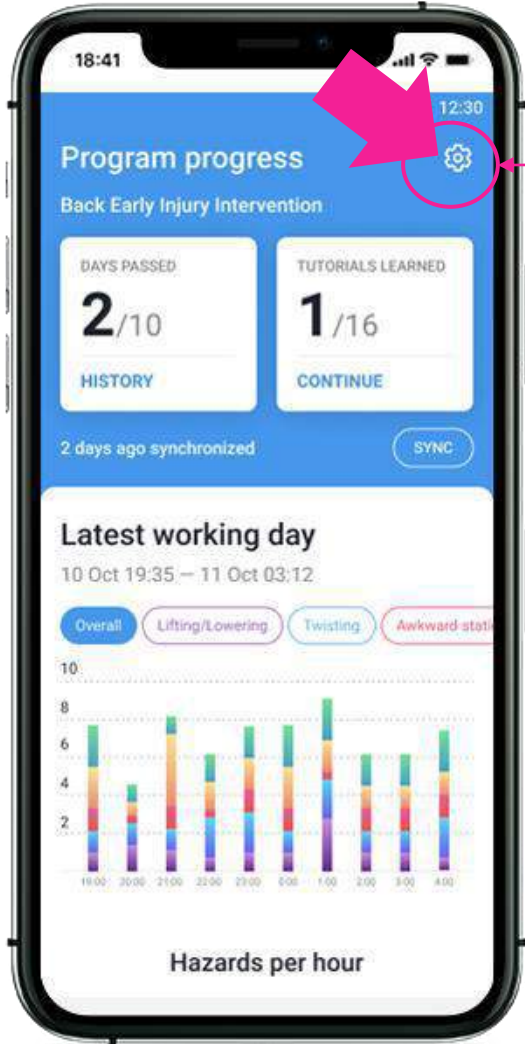


This graphic shows the amount of hazards and the different types of hazards that occur per hour

From here you can scroll across the types of hazardous movements and see the rate of the various movements that were performed and become aware if there is an increase or decrease

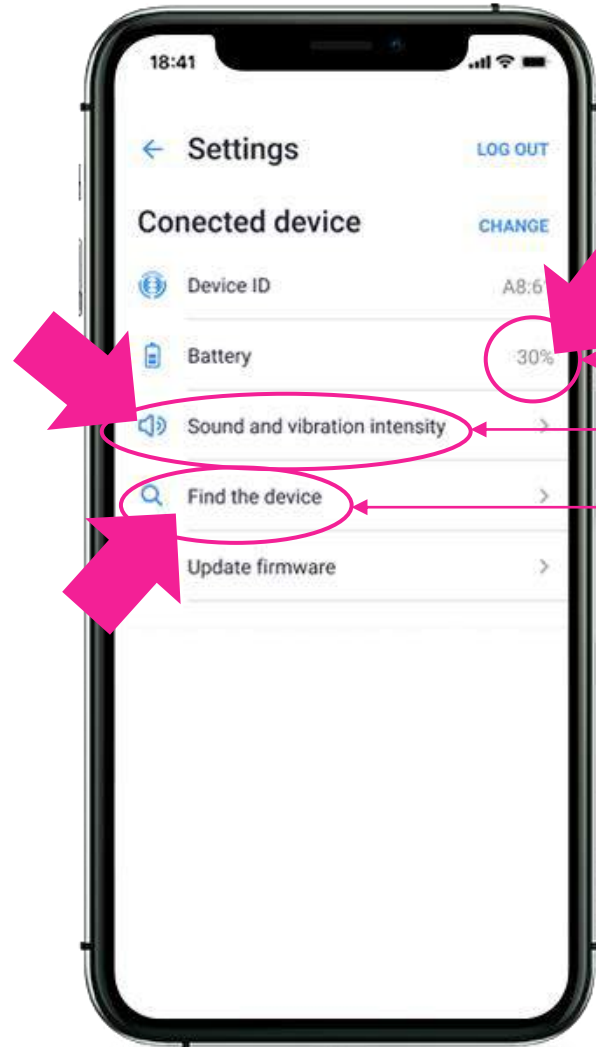
By clicking the “**Know more about hazards**” button, this will navigate you to a FAQ page

SETTINGS MENU



• The settings menu can be accessed by pressing highlighted icon

SETTINGS MENU



The settings menu will allow you to view how much battery is left on the device

On the sound and vibration intensity option you can customize the noise level of the device and how intense the vibration will be

If you have misplaced the device, “the find device option” will guide you through some steps and cause the device to vibrate and beep when you are close