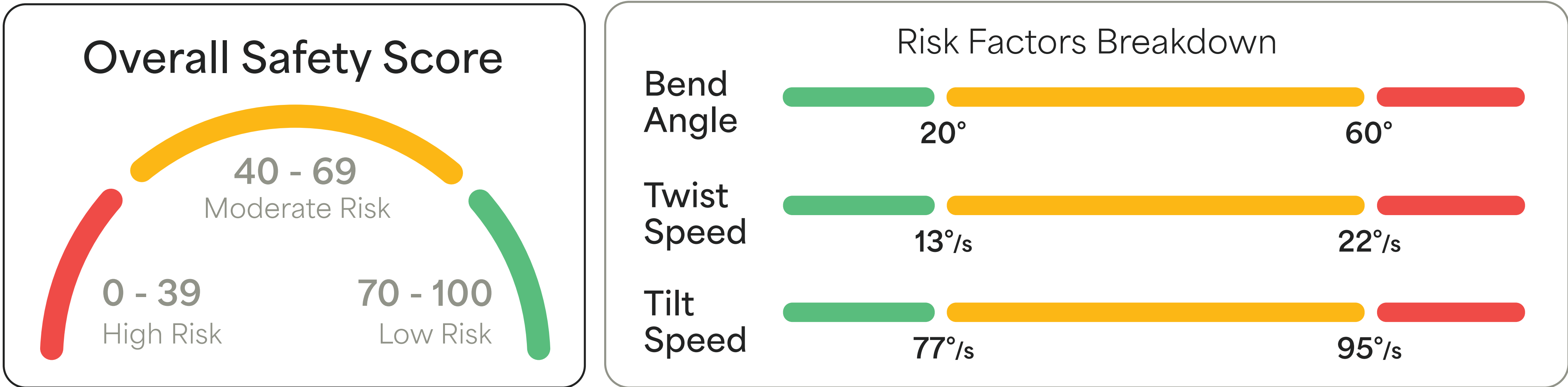


Understanding Your Safety Score

The sensor collects information about your body movements to create a Safety Score that can help you understand your personal likelihood of injury. The major movements that create the score include how far you bend forward, how fast you bend side to side, and how fast you twist.



How to Improve Your Safety Score

Bend Angle

Keep your back straight. Lift with your legs.

Twist Speed

Slow down. Turn to step in the direction of travel.

Tilt Speed

Slow down. Avoid bending to the side.