

## **CASE STUDY:**

## **Reducing High-Risk Movements by 34%**

Distribution Center Decreasing High-Risk Movement with Briotix Health Wearable Technology Program



Employees at a worldwide beverage distributor were reporting discomfort associated with bending and twisting at unsafe angles. The company wanted an objective evaluation of the work tasks that included the awkward bends and a strategy to reduce the frequency of the risky movements.

### **Briotix Health Solution**

To capture the data, Briotix Health implemented a comprehensive wearable technology solution that measured employee posture angles and repetition/duration of high-risk postures. Then using the data, a Briotix Health provider met with each employee for an individual job-coaching session to learn behavioral changes they could implement to reduce the frequency of the high-risk postures.

The program rolled out in three steps:

After evaluating the work tasks

of employees, Briotix Health

determined the appropriate

measure employee bending,

twisting, and reaching as these

wearable device needed to

were the most frequent

high-risk movements.

### **Device Identification**



**Baseline Testing and Pilot** 



Baseline testing was conducted to determine the frequency of high-risk movements, and a four-week pilot was implemented. This consisted of instant haptic feedback when unsafe postures were used and follow-up job coaching with a Briotix Health biomechanics expert.

## 3 Data Analysis



Upon the completion of the pilot program, Briotix Health compared pilot data to the baseline data. Significant improvement and reduction of high-risk position, duration, and frequency was seen.

## Results

The pilot resulted in a 34% decrease in unsafe body angles and postures. If the program was expanded to 12 months, this would result in 9,500 fewer high-risk postures per worker, per year.

## Future planned applications include:

- Distribution of task support to the highest risk individuals and locations
- Identification of employees in need of observation, education, and movement training
- Creation of standards on work volume or route organization

To learn more, visit: briotix.com/specialized-solutions

# **Daily High-Risk Postures Per Employee**



