



# BACK-TRACK™

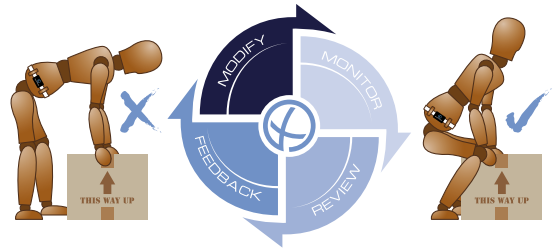
Keeping track of backs™

## BACK-TRACK™ Pro Product Guide



### Back injury costs the UK economy £11 billion per year!

According to the HSE, it is the leading cause of absence through injury. Employers are therefore legally required to assess and manage manual handling risks in their organisation. This will typically include an element of manual handling training, however this is of limited benefit as training alone does not change behaviour. At an early age, we adopt poor lifting technique and unfortunately we continue to lift in this manner for the rest of our lives. This cause's incremental damage within the back and in some cases, this damage may lead to injury. In the worst cases, this injury may be severe and permanent. The BACK-TRACK System uses motion sensitive electronics to monitor the angle of the upper body and thus exposure to manual handling risk through *poor lifting technique*. Using web based reporting, the system *quickly identifies those that may be at an elevated risk of injury*.



### Overview

BACK-TRACK is a data collection device worn on the hip. At the end of the shift it is connected via a hub to a PC, which uploads the data to an online database. Web based reports show risk profiles of each individual caused by their manual handling technique or due to the design of the task. With these management tools, risk can be managed. Good manual handling technique is achieved by changing behaviour. Employees will periodically receive manual handling training yet typically don't adopt the advocated techniques. Why? – because good technique is hard to achieve - it requires a gradual change of behaviour. The behaviour change process follows the accepted *Monitor, Review, Feedback, Modify, Monitor* improvement process. Organisations looking to manage their back injury risk can see significant reductions in exposure by using the BACK-TRACK System and integrating it into their behavioural based approach to enhanced employee health, safety and well-being.

### Benefits

- Collects data and quantifies exposure.
- Provides an early intervention to employees using a vibration-alert when it detects poor manual handling technique.
- Risk is monitored continuously, not via an annual training session or risk assessment.
- Gives employees responsibility to adopt good practice.
- Easy to use, robust, with long battery life, (5 days). Charges overnight.
- Raises the profile of manual handling risk.
- Reinforces the behavioural safety messages of *sustained awareness and enhanced skills*.
- Demonstrates a commitment to a behavioural safety culture and employee health and well-being.
- Data and PDF reports available via any internet enabled device (PC / tablet / phone)
- An online log of feedback and 1:1 discussions is available for future reference.
- Organisational change occurs via individual change.
- Used by some of the UK's biggest organisations.
- Technology developed by BACK-TRACK Europe Ltd.

### Key Features

- Collect data, quantify risk and start managing it.
- Reduce organisational exposure to MH risk factors.
- Organisations using BACK-TRACK consider it 'best practice'.
- Developed with the Health & Safety Laboratories (an agency of the HSE).
- Web based reporting, no software costs.
- Integrates with behavioural safety initiatives.

### Applications

- Logistics, warehousing, facilities, healthcare, manufacturing or any task that presents risks associated with injuries to the lower back.

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