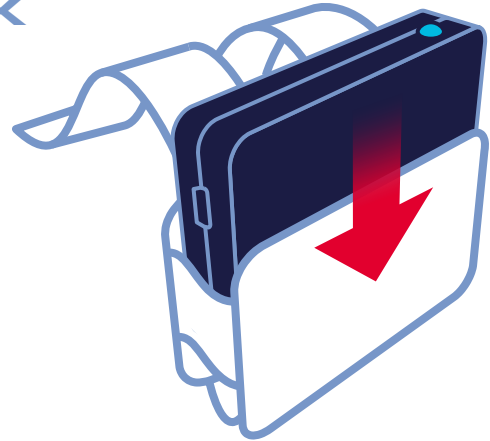


QUICK START GUIDE

BACK-TRACK™ has been designed to help you keep track of your back. It is a small device worn on your hip and detects when you may be doing something that could be damaging to your back.

Wearing BACK-TRACK

- 1** Insert the BACK-TRACK™ into the pouch with the LED light showing on top towards the rear.

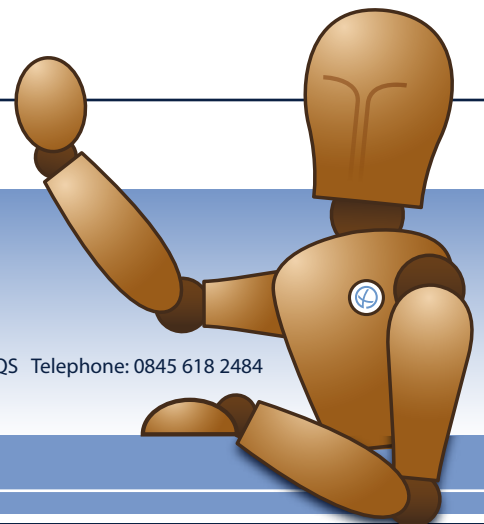


- 2** Attach the pouch to your belt on the outermost point of your right hip.

BACK-TRACK™ can also be configured to be worn on the left side.



- 3** At the end of your shift simply remove the device from the pouch and connect it to the USB hub for recharging.



For more information, please email us at: info@backtrack.co.uk

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