



# PERFECT BALANCE

# AT WORK

*scalefit*  
Biomechanics Ergonomics

## Biomechanics for healthy work

Annual reports of health insurance companies show: **Musculoskeletal disorders due to physical labor are the main cause of absenteeism. Heavy loads, high repetition rates or forced postures lead to long-term diseases and irreversible wear. The consequences are reduced performance, days lost, occupational diseases and brain drain.**

**Our goal is your benefit** – sustainable prevention of work-related musculoskeletal disorders through biomechanics and ergonomics. The mobile ergonomic laboratory INDUSTRIAL ATHLETE offers decisive advantages for companies and employees:

- Workplace analysis on site and in real time
- Ergonomic assessments according to international standards
- Load monitor and live bio-feedback

For **providers and consultants in occupational health management**, the use of our scientific method offers new possibilities in terms of content and economy:

- Meaningful ergonomics and load reports
- Less lost days and increased competitiveness
- Profitable expansion of service offer

**Our concept** was evaluated in 2016 in accordance with DIN SPEC 91020 and successfully implemented in the workplace health promotion with industrial partners such as Cummins, Menarini or Chempark Dormagen.

**Our team** consists of biomechanics, occupational scientists and IT specialists with extensive expertise in the field of physical stress and strain, human-machine interaction and work-related musculoskeletal disorders.

**scalefit** is part of an interdisciplinary network with many years of experience at the **German Sport University Cologne** and at the **OSH-Institute of the German Social Accident Insurance**. We accompany companies and institutes (e.g. Fraunhofer) with scientific competence and state-of-the-art examination methods. Our services are characterized by high flexibility, short processing times and a good price-performance ratio.

### Range of activities

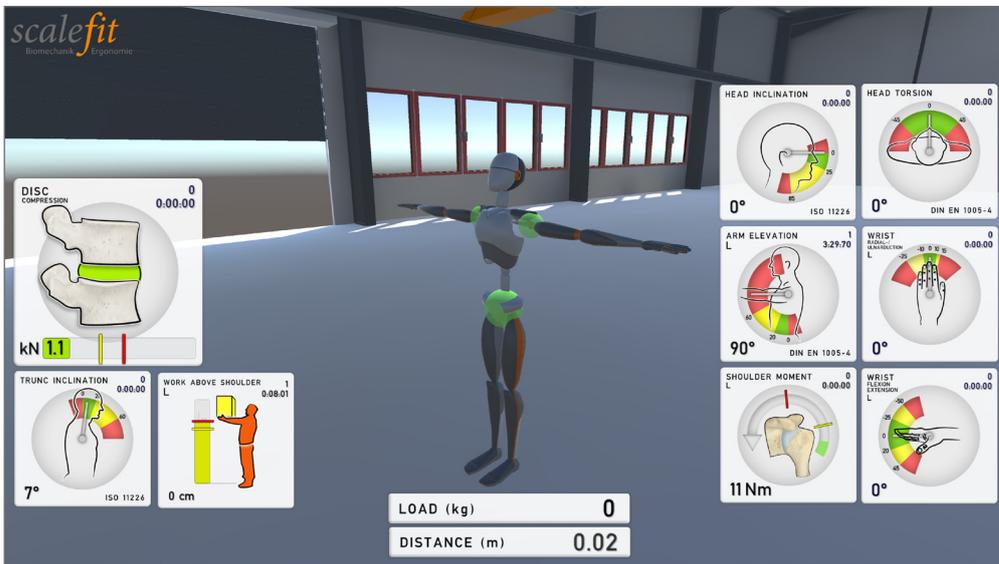
- Ergonomics analysis
- Physical risk assessment
- Ergonomic workplace design
- Prevention of musculoskeletal disorders

### Modern measuring methods

- IMU motion capture
- 3D load analysis at the workplace
- High-speed-Video



Employee health pays off  
[Find out here](#)



## INDUSTRIAL ATHLETE New paths in occupational safety & health

In **real time** and under **real working conditions**, the biomechanical measurement system **INDUSTRIAL ATHLETE** analyses musculoskeletal loads for each body region and evaluates them according to occupational and biomechanical criteria.

Forces and moments determined by IMU sensors are graphically animated and assigned to the activities performed. This detects peak loads, reduces musculoskeletal stress and evaluates the effectiveness of auxiliaries.

With **automated results reports**, the **INDUSTRIAL ATHLETE** enables quick and meaningful **risk assessments** and **ergonomic workplace design** without the need for time-consuming procedures and human resources.

The **INDUSTRIAL ATHLETE** thus offers the **best possible support** for **occupational safety and health** with targeted measures for:

- prevention of work-related musculoskeletal disorders
- ergonomic workplace design
- sustainable awareness of healthy work

The **INDUSTRIAL ATHLETE** is used in **workplace inspections** (eg load manipulation, forced or repetitive activities), **behavioral prevention**, as well as in trainings, health days or preventive care programs.

**Our customers** include industrial and consulting companies, WHM providers, universities and research institutions. Here the system explains the relationships between physical strain and musculoskeletal disorders or serves as a qualitative and quantitative method of health research.

### We support your efforts.

**Companies** investing in the health of their employees today, will benefit from increased attractiveness, improved performance and sustainable competitiveness tomorrow. We support you with state-of-the-art methods and scientific expertise.

[Read more about the INDUSTRIAL ATHLETE](#)

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