

## A COMFORTABLE SOLUTION TO INJURY AND FATIGUE

**The Flex Lift is an elastic harness proven to reduce the amount of physical effort required for bending and lifting tasks.**

With the Flex Lift, it is easier to perform work-related functions including bending, lifting, and standing for extended periods.

The Flex Lift harness is composed of heavy duty durable elastic. The strategic routing of the harness targets essential muscle groups located in the legs and back.



### **Positive Reinforcement**

Knee and back support encourages good squatting, lifting, and standing posture while avoiding reliance on negative feedback.



### **Fatigue Reduction**

Powerful elastic assists the back and legs while squatting, lifting, and standing.



### **Comfortable Universal Fit**

No need for custom fitting with the one size fits most, quick on/off design.



### **Injury Protection**

Injuries can be reduced by lowering fatigue and encouraging good lifting posture.



KINETIC EDGE™ is devoted to the development of ergonomic solutions to enhance safety and performance. We provide wearable products that complement individuals job responsibilities by relieving fatigue in critical areas of the human body without sacrificing efficiency or workflow.

## FREQUENTLY ASKED QUESTIONS

### How does the Flex Lift help?

The Flex Lift supports the knees and back, encouraging good squatting, lifting, and standing posture. The Flex Lift provides natural positive reinforcement resulting in instinctively safer posture. It simply feels better to lift with the proper posture and technique.

### How much fatigue reduction is possible?

Physical exertion of a task is measured through metabolic testing, which quantifies the rate at which oxygen is consumed by the body. We have seen an average metabolic energy reduction of 15% during bending and lifting tasks. This level of energy reduction is analogous to a 200 lbs. person going on a hike and removing 30 lbs. from his backpack.

### Does the Flex Lift need to be custom fitted?

There is no need for custom fitting of the Flex Lift. The fit of the harness is mostly dependent on height of the individual user. The Flex Lift easily adjusts the fit, similarly to adjusting the shoulder straps of a backpack.

### How easy is it to put on a Flex Lift?

Donning a Flex Lift is a quick process. The user inserts their arms through the shoulder straps, wraps the knees with the quick release knee anchor design, and attaches the ankle anchor. Download the instruction card for a simple visualization.

### Is the Flex Lift adjustable?

The amount of support is adjusted by pulling the webbing through the adjuster on top of the shoulder straps which increases the preload on the powerful elastic. The fit and walking comfort are adjusted at the backpack straps just under the arms. For adjusting the knee pad placement, attach the ankle anchor Velcro higher or lower on the Velcro strap.

### How does the Flex Lift protect against injury?

As we become fatigued, proper form for physical tasks is diminished. By supporting essential muscle groups, the Flex Lift reduces effort and fatigue allowing proper form to be maintained longer.

### Why positive reinforcement?

Workforce compliance greatly depends on comfort and convenience. Negative reinforcement methods discourage use, create a distraction for the user, and can affect workforce morale. The Flex Lift encourages good lifting posture by effectively rewarding the user with additional support from the powerful elastic while using proper form.

### How does the Flex Lift accomplish positive reinforcement?

Lifting with the legs is frequently avoided due to a lack of strength at the knee, especially when fatigued. The Flex Lift uses powerful elastic to give strength to the knees and back, making it easier to squat and lift with proper form. This form of natural positive reinforcement results in instinctively safer posture.

### How long will the Flex Lift last?

With normal use and care the Flex Lift will last for at least one year. Hand washing (as needed) with a mild soap and water and air drying out of direct sunlight is the only care needed for the Flex Lift.