FLx USER INSTRUCTIONS

TABLE OF CONTENTS

These User Instructions include the FLx Fit Guide and the FLx Usage Guide.

It is very important that users follow all fit instructions. Finding a proper fit for your FLx ErgoSkeleton™ is crucial to the product efficiency.

See www.strongarmtech.com for additional videos and training resources.

1. Product Safety Information 2

2. Fit Guide
   A. Sizing & Parts 3
   B. Adjustments and Fit
      a. FLx Column Adjustment 4
      b. Hip Belt 5
      c. Lumbar & Posture Pad 6
   C. Shoulder Straps 7
   D. Flexibility Adjustment Crown 8

3. Usage Guide 9
1. SAFETY INFORMATION

The FLx ErgoSkeleton™ is a postural support device. Misuse of the FLx ErgoSkeleton™ may result in serious injury. For proper use, see a supervisor, refer to these User Instructions or contact 3M Technical Service at 1-800-243-4630 in the U.S.A.

Please read, understand, and follow all safety information contained in these User Instructions prior to the use of this postural support and conformance device. Retain these User Instructions for future reference.

Intended Use:
This postural support device is intended to aid wearers in utilizing proper and safe lifting technique. This postural support device is used in dynamic lifting applications. It is expected that all users be healthy and fully trained in proper lifting techniques and the safe use of this postural support device. If you have a history of injury, or are currently experiencing back pain, use only under the direction of an appropriate licensed health care provider. Use in any other application has not been evaluated by StrongArm Technologies or 3M and may lead to an unsafe condition. This device is not intended to allow for an increase in frequency, duration, or weight of lifted load.

Explanation of Signal Word Consequences

⚠️ WARNING: Indicates a hazardous situation which, if not avoided, could result in serious injury or death.

⚠️ CAUTION: Indicates a hazardous situation which, if not avoided, could result in minor or moderate injury and/or property damage.

⚠️ WARNING

To reduce the risks associated with material handling and lifting objects:

• Do not use this device unless you have received proper ergonomics training per OSHA and NIOSH. Training guidelines can be accessed at www.cdc.gov/niosh/topics/ergonomics and www.osha.gov/ergonomics

• Do not use this device to lift objects outside your current occupational lifting regime. This device is not intended to allow for an increase in frequency, duration, or weight of lifted load.

• Stop use of the device and consult your supervisor immediately if you feel an increase in restriction, resistance, or pain in your body or body movements.

• Do not use this device for overhead lifting outside your current lifting regime. This device does not aid in overhead lifting or lessen the risks associated with elevated heavy objects.

• Not for use by minors, pregnant women, and those with a history of back or neck problems or injury.

• Do not use this device in hazardous locations. Hazardous locations include, but are not limited to, environments which contain: sparks or fire, limited space prohibiting proper use of the device, elements which could lead to entanglement of straps.

⚠️ CAUTION

To reduce the risks associated with material handling and lifting objects:

• Inspect the device prior to each use. Do not use if inspection reveals any defect, inadequate maintenance, or any other unsafe condition.

• Do not disassemble, modify or service this device. The unit contains no user serviceable parts. Service is only to be performed by StrongArm authorized service personnel. Contact via 3M Technical Service.

To reduce the risks associated with impact, entanglement, and abrasion:

• Users with hair long enough to contact the device’s upper housing flap shall tie back their hair.
2. FIT GUIDE | A. Sizing & Parts

Ensure that all parts of the device are in the package.

- Make sure you receive the size that fits you.
- Size label is located in the inside of the Hip Belt.

**WAIST SIZES**

<table>
<thead>
<tr>
<th>Size</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>Small: 27” - 33”</td>
</tr>
<tr>
<td>M</td>
<td>Medium: 34” - 41”</td>
</tr>
<tr>
<td>L</td>
<td>Large: 42” - 51”</td>
</tr>
</tbody>
</table>
2. FIT GUIDE | B. Adjustments & Fit

a. FLx Column Adjustment

1. To adjust the FLx Column hold the FLx in your hand.

2. Place your opposite hand on the top of the device and put your palm over Lumbar plate with your thumb on the Slider button.

3. Keeping your palm on the plate, flip the FLx over and look in the Eye Hole.

4. Adjust the Spine so the Eye Hole displays your sizing index number.

5. Using your thumb, push the slider in.

6. While the slider is pushed in, adjust the spine to match the appropriate sizing index number.

<table>
<thead>
<tr>
<th>Sizing Index Number</th>
<th>Height</th>
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<tbody>
<tr>
<td>1</td>
<td>&lt; 5’6”</td>
</tr>
<tr>
<td>2</td>
<td>5’7” - 5’8”</td>
</tr>
<tr>
<td>3</td>
<td>5’9” - 5’10”</td>
</tr>
<tr>
<td>4</td>
<td>5’11” - 6’0”</td>
</tr>
<tr>
<td>5</td>
<td>6’1” - 6’2”</td>
</tr>
<tr>
<td>6</td>
<td>6’2” &lt;</td>
</tr>
</tbody>
</table>
2. FIT GUIDE | B. Adjustments & Fit

b. Hip Belt

*Put the device on loosely.*

1. Put on the product like you would put on a backpack, with the shoulder straps loose.

2. Put the Hip Belt on by using the Belt Positioning Pocket on the left side to bring the left belt strap over to the right side of your body.

3. Keep your hand in the Belt Positioning Pocket and bring the right strap over to the left side of your body, pulling your hand out of the pocket as you secure the strap.

4. The Hip Belt should be tightened so that the lumbar pads are touching your back.

5. Tighten the shoulder straps so that they are snug, but not restricting.

6. Check to see if you can move the shoulder straps up and down, off of your body to make sure that it isn’t restrictive.
2. FIT GUIDE | B. Adjustments & Fit

c. Lumbar & Posture Pad

LUMBAR PAD

1. Make sure the pads fit comfortably in the small of the back.
2. To readjust, fit the spinal height so that the lumbar pads are sitting in the small of your back.

POSTURE PAD

1. To figure out the proper fit for the posture pad, find the area where your back curves in the most.
2. Right above that area, in the middle, is where the pad should be placed.
3. When you bend over slightly, you should feel pressure. The posture pad should not slide up.
4. When standing in the correct posture, the device should feel natural.
5. Bend forward with straight knees and you should feel positive pressure. If you do not feel any pressure in this position, readjust the posture pad until you feel pressure.
2. FIT GUIDE | C. Shoulder Straps

To perform the final fitting for your shoulder straps, loosen your shoulder straps:

1. Rotate your torso as much as you can to the left. Return to your regular standing position.
2. This time, rotate your torso again to the left but stop half way from the maximum rotation.
3. Adjust your right shoulder strap so that it fits snug.
4. Repeat for the left shoulder strap by rotating to the right.
2. FIT GUIDE | D. Flexibility Adjustment Crown

1. The flexibility in the FLx column can be adjusted by the Flexibility Adjustment Crown, which is located on the side of the device, and is recommended that adjustments be made when the device is not on the body.

2. The crown functions similar to a watch dial.

3. With two fingers, pull out the crown.

4. Twist the crown clockwise to increase stiffness, and counter clockwise to decrease stiffness*.

5. When twisting, the small indicator will appear in the window of the FLx, informing you the level of flexibility.

*StrongArm® recommends keeping the window half filled.
3. USAGE GUIDE

The FLx ErgoSkeleton™ reinforces proper lifting techniques by providing a Posture Feedback System.

Worn like a backpack, the FLx enables the user to perform with agility and dexterity while alerting them if they are putting themselves in a potentially dangerous posture or position.

**WHAT’S THE POSTURE FEEDBACK SYSTEM?**

The FLx helps reinforce proper posture through the Posture Feedback System.

The Posture Feedback System delivers feedback to users, in response to potentially harmful body movement.

When the user is at greater risk of injury, the Posture Feedback System activates, which provides feedback to the user to correct their positioning.
3. USAGE GUIDE

PRELIFT INSTRUCTIONS
The FLx should be used in conjunction with proper lifting techniques presented by your company or through certified training and as recommended by OSHA or NIOSH.

THE FLx EFFECT ON LIFTING
If you attempt to lift the load in an unsafe position, the FLx will alert you through the Posture Feedback System.

When the Posture Feedback System is activated, the posture pad will gently apply pressure against your back. This is a reminder to the user that they may be lifting in an improper way.

Once you feel the Posture Feedback System activating, you should correct your position. You can correct your position by keeping your back upright while lifting, or bending your knees further.

When you are in a safe lifting position, the posture pad and the lumbar pad will be resting on your back and you should not feel pressure on your back from the pads.

THE FLx EFFECT ON ROTATING
The FLx ErgoSkeleton™ helps prevent over rotating by alerting the user that they are performing an unsafe motion.

If you rotate your body beyond guidelines, the posture feedback system will activate, reminding you to return to a proper posture.

The Posture Feedback System alerts the user when they are in an improper position by putting resistance on the opposite shoulder and pressure on the posture pad.

The resistance and pressure are reminders that you are outside of the recommended lifting position guidelines and are at greater risk for an injury.

CORRECTING YOUR POSTURE
Instead of rotating your body to complete your task, NIOSH lifting guidelines recommend taking pivot steps.

You will know that you are performing a safe pivot when the posture pad and the lumbar pads are resting against your back. You should not feel pressure on your back from the pads, if you are in proper position.

To stay in a safe lifting position, StrongArm® recommends to reposition the load closer to your body, and to make sure your body is level with the item you are lifting.