

Challenge

- Large logistics company with focus on freight transportation.
- Lorry drivers are exposed to long haul journeys alongside other strenuous activities such as lifting heavy goods, operating machinery and administration.
- These tasks combined with early working hours in darkness and low external ambient temperatures followed by intermittent warmer room temperatures makes it important to understand impact on the individual's health and output ability to prevent incidents before it's too late.
- Require real-time monitoring of vital signs of team members to improve overall well-being and ensure they are providing safe and sustainable working conditions.

Results

- Out of 65 trial sessions recorded, there were 2 sessions (3.1%) that triggered a red alert indicating that the user was experiencing severe fatigue.
- Majority of alerts were due to fatigue with an increased prevalence at the start of the working day between 05:00am and 07:00 am.
- Core body temperature was slightly raised in some sessions but not enough to indicate an increased risk of heat illness.
- The resting heart rates of the users were generally indicative of good cardiovascular health.

Final Summary

- With real-time data analysis, supervisors were able to easily access the Bodytrak Platform to observe any alerts received by the team members.
- The logistics company were able to use the data to assess working patterns and take action to prevent fatigue.
- Based on these findings, this logistics company plans to protect their greatest assets – their team, and enhance overall well-being and prevent fatal incidents.



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