



Southern Shield

Good/ Best Practice feedback

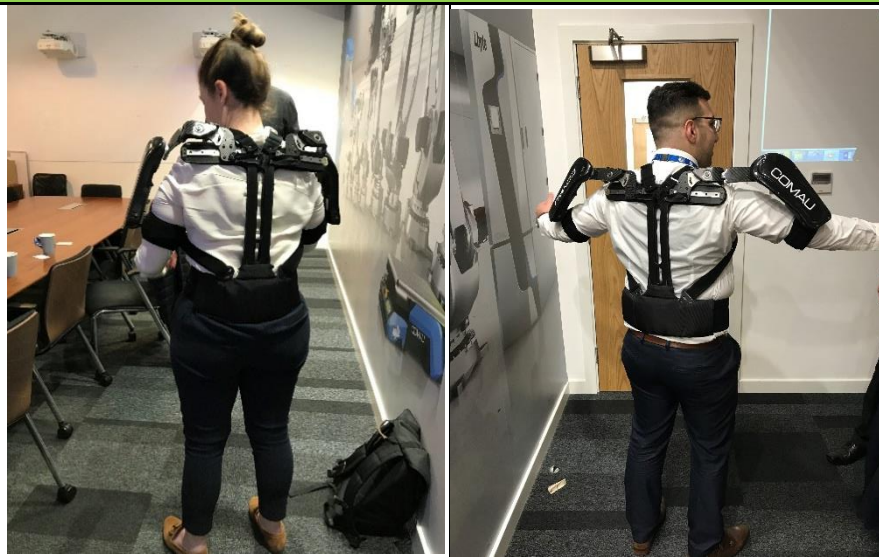
Nature of works

Manual handling

Date of good practice note

02 /10 /2018

Exo Skeleton



Description of the good practice

An Exo skeleton aids in manual handling and repetitive tasks, reducing impact and general wear and tear on the body, as well as improving posture.

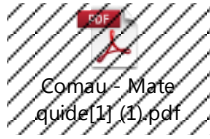
What are the benefits?

- Extended periods of productivity
- Reduction in muscular skeletal strain
- Efficiency in effort
- Improved worker wellbeing and sense of care
- Reduced muscular and cardiac fatigue

Are there any drawbacks?

- Initial cost
- Encouraging use
- Needs a study on use and validated financial/personal benefits.

Supporting Information



Please send completed forms back to shield@networkrail.co.uk