

## Twitter Thread by [Karl Zelik](#)

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**Occupational #wearables for monitoring low back load have potential to improve ergonomic assessments & enable personalized, continuous monitoring of overexertion injury risk in the workplace.**

**#biomechanics #ergonomics**

### **Encouraged by what we**

We wanted to know: if we can only use a small number of wearable sensors to monitor low back loading, then which sensors should we use, where should we place them, what type of algorithm should we employ, & how accurately can we monitor back loading during material handling?

