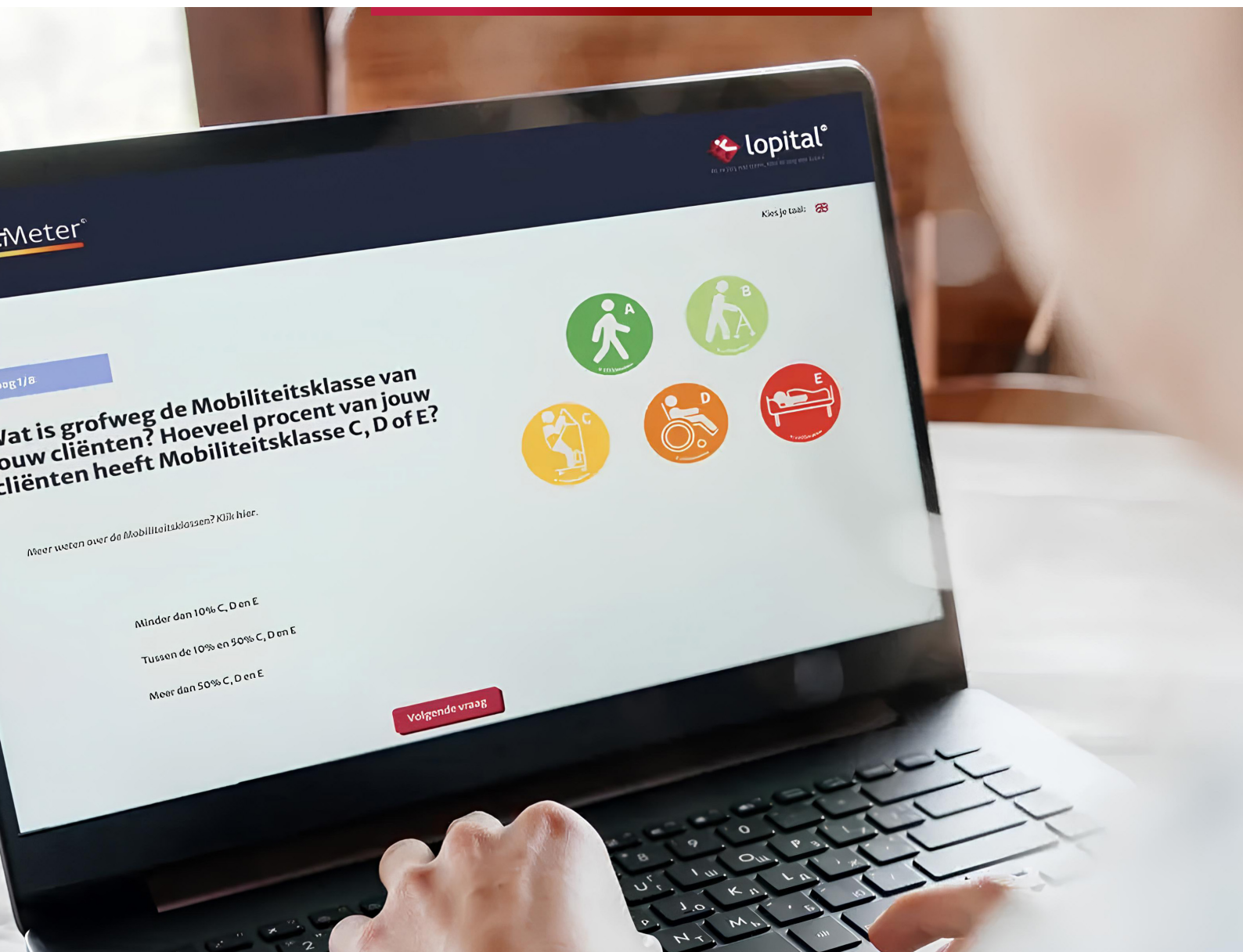


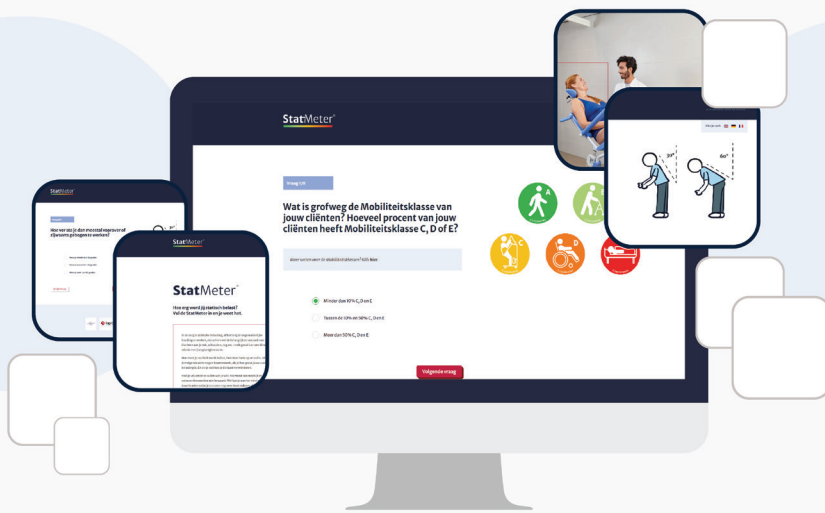


StatMeter

Healthy working in healthcare,
prevent static workload

Static overload: a silent killer.

The StatMeter helps raise awareness.



In healthcare, static workload, or working in uncomfortable positions for too long, is perhaps the most important cause of complaints in the neck, shoulders, back, etc. In any case, there is a direct relationship with (long-term) absenteeism. A new online tool, the StatMeter, developed by LOCOmotion in collaboration with Lopital, offers an innovative and preventive solution to make healthcare providers aware of the risks of static workload and provides tips to prevent complaints.

According to Nico Knibbe (movement scientist at LOCOmotion), static workload is a silent killer. **"You often don't notice it right away because you don't feel it immediately. Heavy lifting often has an immediate effect, but static workload is more insidious. You only feel it when your bucket has slowly filled up, you start to experience symptoms, or you even break down,"** explains Nico.

StatMeter

The StatMeter is designed to tackle this problem head-on. By completing a short online questionnaire, healthcare professionals gain insight into the risks and causes of static workload. The tool then offers practical tips for reducing the risks of static workload, which can help prevent complaints. But it also encourages healthcare providers to come up with practical solutions themselves. **"The StatMeter can be completed individually or as a team,"** says Nico. "If you do this as a team, it also provides an opportunity for discussion and awareness during team meetings, for example."

The StatMeter in practice, the 3x3 improvement plan

The StatMeter is free and easy to use. The questionnaire is completed anonymously and no personal data is stored. **"It's a great free tool, with no strings attached,"** says Nico Knibbe.

Under the guidance of ergonomic coaches, occupational health and safety coordinators, or department coordinators, the StatMeter is completed online. Everyone does this individually. After completing the StatMeter, each participant receives an individual risk analysis. Based on the risk analysis, everyone fills in improvement ideas for themselves for each risk area. At the end, everyone can save their individual improvement report. You are asked to choose three improvement ideas for yourself that you will pay extra attention to in the coming weeks.

Next, participants stick improvement ideas for each risk area onto the StatMeter Poster using Post-it notes. Once everyone has contributed their ideas, a brainstorming session is held to determine which three improvements the department will work on in the coming weeks. This results in a 3x3 improvement plan: three improvements for yourself and three improvements for the department.

Using the TilThermometer	Communication with clients	Working in an uncomfortable position	Less time spent in an uncomfortable position	Fewer times in an uncomfortable position	Working with less angle forward or sideways bending	Working less often in a forward or sideways bending	Use of height-adjustment

Lopital Mobility Indicator

The StatMeter raises awareness of the often invisible risks of static workload – working too long in uncomfortable positions. It helps care professionals recognize where these risks occur and how they can impact health and well-being. The Lopital Mobility Indicator complements this by offering a practical framework to actively reduce those risks in daily care.

Where the StatMeter provides insight into the level and causes of physical strain, the Mobility Indicator translates this into concrete choices. By classifying clients into clear mobility levels, it guides caregivers in selecting the right equipment and working methods for each situation. This ensures that care tasks can be performed in a safe, efficient, and ergonomically responsible way.

Used together, the StatMeter and Mobility Indicator form a powerful combination: the StatMeter highlights risks and stimulates awareness and discussion, while the Mobility Indicator helps turn that awareness into practical action and sustainable improvements. This integrated approach supports care teams in making well-informed decisions that balance client needs with caregiver well-being, ultimately contributing to higher quality of care and long-term employability in healthcare.



Mobility class	Independent	Risk of physical overload	Client's activity	Mobility stimulation is desired
	✓	✗	✓	✓
	✗	✗	✓	✓
	✗	✓	✓	✓
	✗	✓	✗	✓
	✗	✓	✗	✗



	Class A	Class B	Class C	Class D	Class E
Flexo shower toilet chair		•	•		
Elexo shower toilet chair		•	•		
Elexo XXL shower toilet chair			•	•	
Reflex 5600 shower toilet chair			•	•	
Reflex 5605 shower toilet chair			•	•	
Reflex XL shower toilet chair			•	•	
Reflex XXL shower toilet chair			•	•	
Nemo shower toilet chair	•	•			
Tango shower toilet chair	•	•			
Tango XL shower toilet chair	•	•			
Tango XXL shower toilet chair	•	•			
Timo shower toilet chair	•	•			
Lotus, Lotus Compact, Lotus XL active standup aid		•	•		
Marina Basic hydraulic shower trolley				•	•
Marina Deluxe hydraulic shower trolley				•	•
Marina Basic electric shower trolley				•	•
Marina Deluxe electric shower trolley				•	•
Sirocco Basic shower stretcher				•	•
Sirocco Basic fixed height shower stretcher				•	•
Sirocco Deluxe shower stretcher				•	•
Amfora hydraulic shower trolley				•	•
Vienna hydraulic dressing table				•	•
Vienna Deluxe wall-mounted dressing table				•	•
Mobile lift Golvo 9000			•	•	•
Mobile lift Sabina			•		
Mobile lift Esense Line +			•	•	•
Overhead lift Luna			•	•	•
Overhead lift LikoRall 200			•	•	•
Overhead lift LikoRall 242 ES R2R			•	•	•
Overhead lift LikoRall 250 ES			•	•	•
Overhead lift Multirall 200			•	•	•
Hydraid Bathlift	•	•	•	•	
Bathaid Premium/Premium Plus	•	•	•		



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