



# BODY BENEFITS

## ESG45LX – ACSR Cutter



ESG45LX

**In-line design** keeps tool lighter than the competition

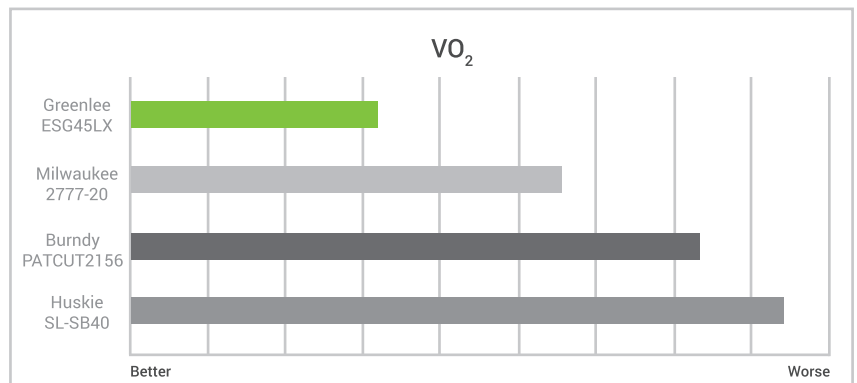
- **Decreased effort and strain** lower risk of injuries
- **Lower amount of energy expended (VO<sub>2</sub>)** translates to more energy to get the job done

### Testing Spotlight

#### Less Energy Consumed

The study included metabolic testing and oxygen usage (VO<sub>2</sub>) to measure how much energy a tool uses. For users of these tools this translates to higher VO<sub>2</sub> = more fatigue and strain. This muscle strain and fatigue increases risk of injury.

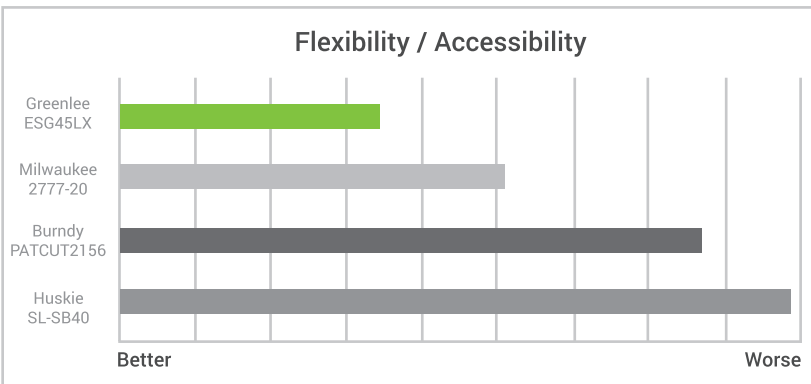
The ESG45LX had the lowest VO<sub>2</sub> values for the ACSR cutters tested. It is the lightest inline tool in this category and shows in the decrease energy consumed when using the tool.



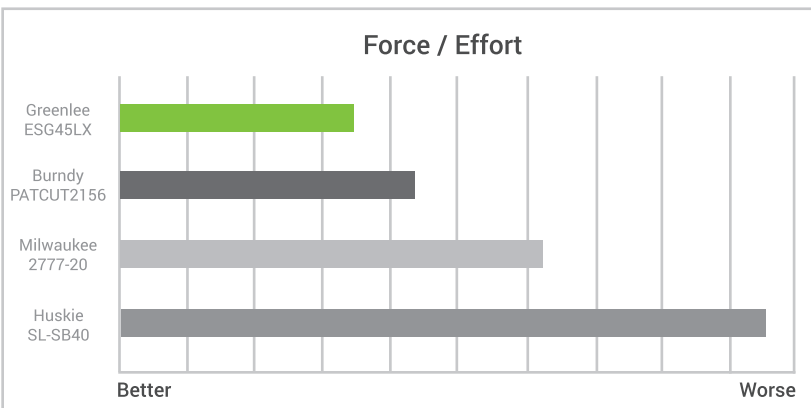
# BODY BENEFITS | Feel the Difference

## ESG45LX SUBJECTIVE TESTING HIGHLIGHTS

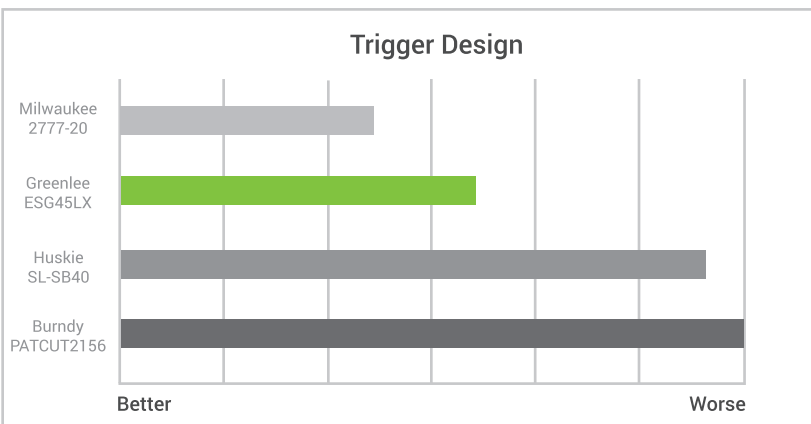
**Survey:** Participants rated the tools in 8 categories on a 10-point scale after using the tools, with 1 being best and 10 being worst. Some categories surveyed were:



**Flexibility / Accessibility:** Perception of tools ability to adjust to match job conditions. Linked with improved posture which reduces risk of injury.



**Force / Effort:** Perception of the force of effort it takes to operate the tool. Linked with reduced fatigue and muscle strain.



**Trigger Design:** Perception of the ease of using the trigger. Linked with reduced risk of tendinitis.

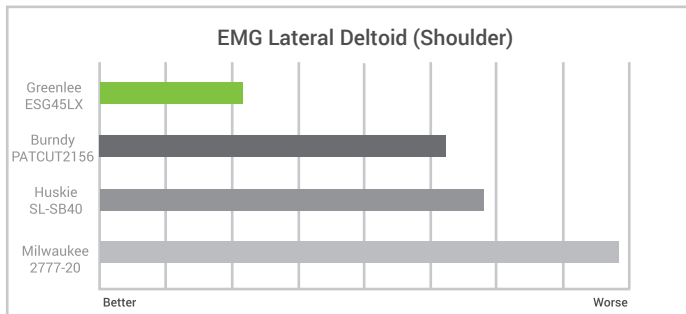
### Injury Prevention

Reduced strain from improved flexibility, improved trigger design, and decreased effort to use translates into reduced risk of muscle and tendon injuries.

# BODY BENEFITS | Feel the Difference

## ESG45LX OBJECTIVE TESTING HIGHLIGHTS

**Electromyography (or EMG):** Measures the activation of muscles or how hard a muscle is working. For the tool operator this translates to higher EMG = greater effort and strain. Muscle strain leads to fatigue and increased risk of injury.



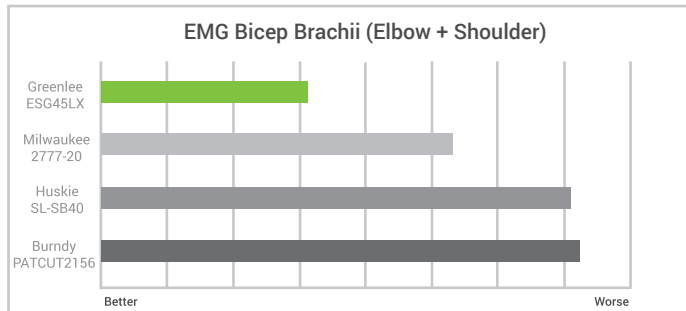
### Deltoid

- Muscle involved in shoulder motions
- Lower EMG signifies less fatigue and strain



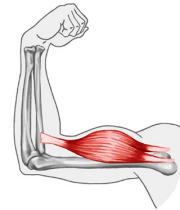
### Possible Injuries Include:

Muscle tear and speeding onset of osteoarthritis



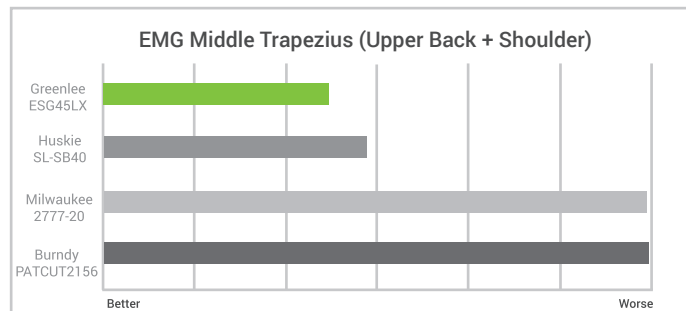
### Biceps Brachii

- Muscle involved in elbow and shoulder motions
- Lower EMG signifies less effort and exertion



### Possible Injuries Include:

Muscle sprain and tendon avulsion



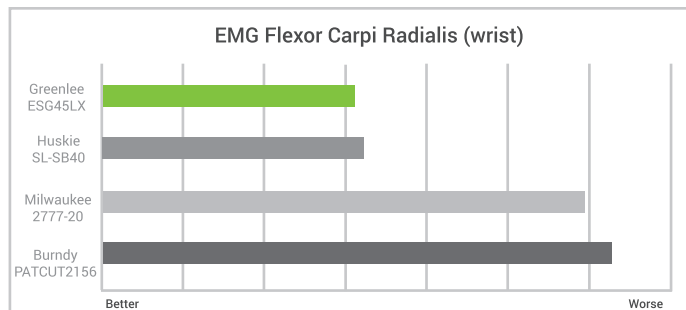
### Middle Trapezius

- Muscle stabilizes of shoulder during use
- Lower EMG signifies less muscle use and fatigue



### Possible Injuries Include:

Back sprain, rotator cuff tear, and arm weakness



### Flexor Carpi Radialis

- Muscle controls wrist movement and stabilization
- Lower EMG signifies less fatigue and damage



### Possible Injuries Include:

Carpal Tunnel Syndrome and tendinitis

# UNDERSTANDING THE TRUE IMPACT OF POOR ERGONOMICS

## ERGONOMIC INJURIES ARE THE MOST COMMON TYPE OF INJURY REQUIRING DAYS AWAY FROM WORK.<sup>1</sup>

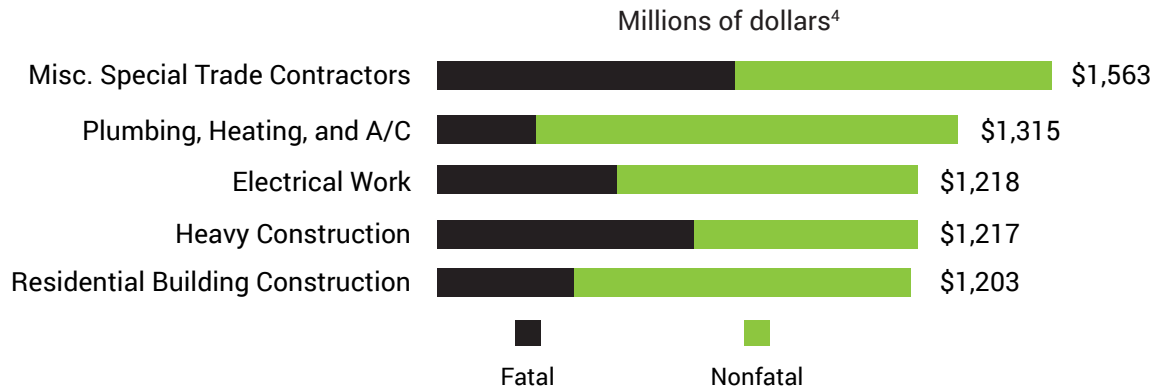
**\$100,397<sup>2</sup>**

Repetitive motion injuries had an average total cost (direct medical and non-direct) per injury, which require days away from work. The non-direct costs are typically larger and are driven by days away from work.

**\$56,309<sup>3</sup>**

Average total cost for all injuries (direct medical and non-direct) of nonfatal injury requiring days away from work for Electrical work per injury.

## ESTIMATED COSTS OF WORK-RELATED INJURIES BY CONSTRUCTION INDUSTRY



1 - Waeherer G, et al. "Costs of Occupational Injuries in Construction in the United States", *Accid Anal Prev.* 2007 November ; 39(6): 1258-1266

2 - Ibid. Source state a value of (\$75,254) and was adjusted due to inflation for 2002 to 2016

3 - Ibid. Source state a value of (\$37,000) and was adjusted due to inflation for 2002 to 2016

4 - Ibid. not adjusted for inflation

Results determined through testing performed by Iowa State University's ATHENA lab using the Greenlee ESG45LX, Milwaukee 2777-20, Burndy PATCUT2156, and Huskie SL-SB40 on 'Raven' 1/0 Aluminum steel reinforced. Results may vary depending on the wire type, work environment, user technique and personal characteristics.

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