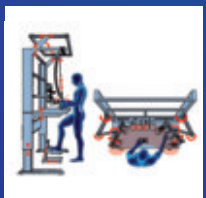




# The seal of approval of the Aktion Gesunder Rücken e. V.

Decision making support when buying  
back-friendly products –  
important help for preventing and avoiding  
back problems

[www.agr-ev.de](http://www.agr-ev.de)





## The AGR seal of approval – something you can rely on

**B**ack-friendly everyday products are important modules in the prevention as well as in the therapy of back problems. It would be a good idea for those affected to make their personal environment more „back-friendly“, from their workplace through their personal living environment to their recreational area.

Even for experts it is not always easy to see whether the design of a product is back-friendly or not. Quite frequently, manufacturers even sell completely unsuitable products as back-friendly, and spread misleading information.

The AGR seal of approval provides reliable decision making support. It stands for strict test criteria, jointly developed by independent medical/therapeutical experts from various fields of study. The members of this body of experts come from two exceedingly competent professional medical associations, the Federal Association of German Back Schools (BdR) e.V. and the Association Forum Healthy Back e.V. – Better

Living. Only products that have passed a strict test procedure receive the AGR seal of approval. The AGR seal of approval has received the accolade „very good“ from ÖKO-TEST, a German consumer magazine, and has been given the best grade „highly recommendable“ by „Label-online“, a portal run by the federal consumer initiative association „Die Verbraucher

Initiative e.V.“. „Label-online“ is being constantly expanded, modified and upgraded with support from the German Federal Ministry for the Environment, the Federal Environment Agency and currently also from the Federal Ministry of Food and Agriculture (BMEL).

If you are looking for help with your backache, if you are looking for back-friendly products, then pay attention to the AGR seal of approval.



## The Aktion Gesunder Rücken e. V. – Experts inform you

**A**s early as the 1990s, the respected Hamburg doctor Dr. Günther Neumeyer supported the theory that back-friendly products are an important building block for the prevention and treatment of backache. Today, this theory is undisputed and has been proved in various studies. Thanks to his initiative, the independent Association Aktion Gesunder Rücken e. V. was founded in 1995. This non-profit organisation cooperates with various medical fields of study and their associations, as well as with many thousand doctors and therapists. Comprehensive findings and information from the medical world are collected and published. The latest findings from the fields of orthopaedics, physiotherapy, industrial medicine, sports science etc. are drawn up by independent experts. This helps many people who are stricken by backache. And that is the majority of us.

The AGR seal of approval offers valuable help, for it identifies products and articles of daily use whose ergonomic qualities were tested in several medical fields of study.

AGR also passes on medical know-how to the employees of the qualified, specialised retail trade in order to improve their advisory quality. These training courses have to be refreshed at regular intervals.

However, medical specialists also use this further training by AGR to improve their advisory competence in the field of ergonomic everyday life. These experts qualify as „Consultants for back-friendly situational prevention“.





## Tested & recommended\*

important help for preventing and avoiding back problems



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**Airex AG**  
[www.my-airex.com](http://www.my-airex.com)



**Dauphin HumanDesign® Group GmbH & Co. KG**  
[www.dauphin-group.com](http://www.dauphin-group.com)



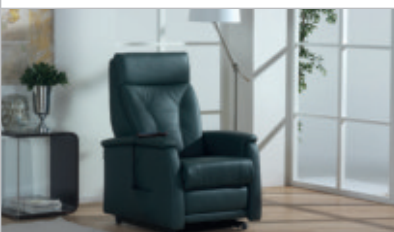
**ErgoPack Deutschland GmbH**  
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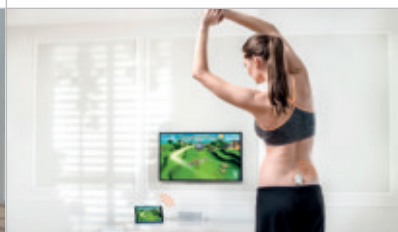
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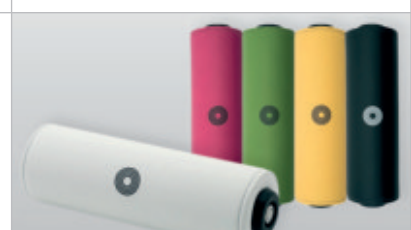
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[www.togu.de](http://www.togu.de)



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[www.Topro.de](http://www.Topro.de)



**vib.innovation GmbH**  
[www.vibinnovation.de](http://www.vibinnovation.de)

\*Various products by these manufacturers have been awarded the AGR seal of approval. For an up-to-date overview, please refer to [www.agr-ev.de](http://www.agr-ev.de)



**ALVI - Alfred Viehhofer GmbH & Co.**  
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[www.mercedes-benz.de](http://www.mercedes-benz.de)



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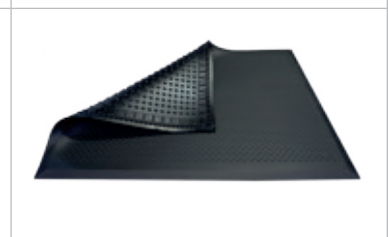
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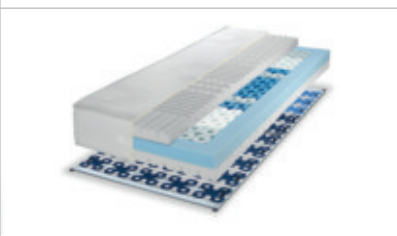
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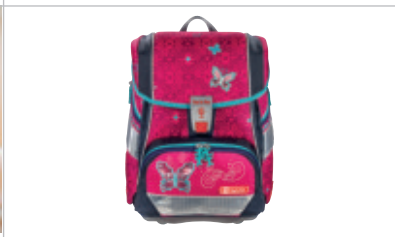
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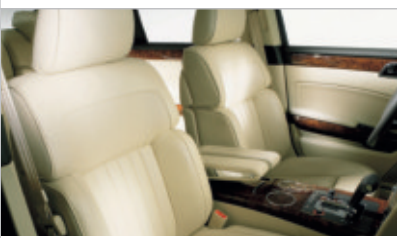
**Step by Step**  
[www.stepbystep-schulranzen.de](http://www.stepbystep-schulranzen.de)



**Streetstepper GmbH**  
[www.streetstepper.com](http://www.streetstepper.com)



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**VS Vereinigte Spezialmöbel-fabriken GmbH & Co. KG**  
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**Wellco International BV**  
[www.fitform.net](http://www.fitform.net)



**Wiha Werkzeuge GmbH**  
[www.wiha.com](http://www.wiha.com)





The burden of the backbone when strapping pallets. A comparison: Manual strapping with broomstick and strapping with an ergonomic pallet strapping system.

Source: ErgoPack Deutschland GmbH

## Ergonomic pallet strapping systems reduce the risk of back injuries

Every year, 4.3 million German employees are treated for back and joint pain. Back problems are the most frequent causes for sick leaves. The main catalysts for back pain in the workplace are a poor posture and repetitive bad bending during certain operations.

The manual strapping of pallets, during which the goods to be shipped are secured on the pallet by plastic straps, is among the most back straining works in the occupational daily routine. When strapping manually, the strap is threaded under the pallet using a "broomstick" with a slot on its end and the operator has to bend down two times and walk around the pallet one time per strap. First he bends down to push the broomstick under the pallet on one side and second to pick it up on the other side. In order to fully secure the load with two strappings per pallet, the operator actually has to bend down four times and walk around the pallet twice.

This is a physical operation which can easily cause permanent injury, especially to the spine. Enterprises concerned about

the safety of their employees focus more and more on ergonomically optimized workplaces.

Sophisticated technical procedures help to minimize the burden on the human body in many areas, such as the manual strapping of pallets.

The "Aktion Gesunder Rücken e.V." (Campaign for Healthy Backs), AGR, recommends the ergonomic pallet strapping systems of ErgoPack Deutschland GmbH. With the ErgoPack strapping systems, all those back damaging movements are completely eliminated, as the operator can strap packages to pallets of different sizes safely and comfortably in an upright position – without bending down and without walking around the pallet. This is made possible by a patented ChainLance, which guides the strap under the pallet, up on the other side and directly back into the hand of the operator. The ErgoPack strapping systems can even be operated by people with existing back conditions.



# ErgoPack

Ergonomic Pallet Strapping Systems



If you want to arrange an appointment for a demonstration in your company, just ask us!



**ergonomic – easy – efficient**