



ASE VEST

Back injuries account for a major proportion of lost working days. Most employers believe that these back injuries are caused by direct lifting and therefore focus on reducing the weights being lifted and educating on correct lifting techniques. However only 20% of injuries occur from direct lifting.

Over reaction of the muscles when stressed from bending, stretching, pulling, pushing, twisting and turning often triggers the remaining 80% of back injuries. These injuries are usually caused from stress placed on already fatigued back muscles and lack of proper support for the lower back.

The ASE Vest redistributes weight over the entire upper body relieving stress on the lower back muscles and offers support to the lower back.

The ASE vest may not prevent accidents occurring but if the back is less stressed then surely the incidence or even severity of accidents must be reduced.

If the ASE Vest is worn in conjunction with correct lifting techniques and commonsense precautions, the frequency and degree of back injuries may be reduced, leading to a reduction in the millions of dollars in work time and compensation lost annually.

The ASE Vest was specifically designed for the mining industry. The ASE Vest is patented both here in Australia and Internationally. (PCT/AU2003/000962)



OBJECTIVES

1. To try and alleviate the problems associated with wearing the Mining Belt.

- **MUSCLE FATIGUE** due to all weight being concentrated on hips and lower back (10kg+)
- **PINCHED NERVES** due to all weight carried on hips and lower back
- **LOWER BACK & HIP PROBLEMS** again all weight carried on hips and lower back
- **CHAFFING/BRUISING ON HIPS** from rubbing of belt and knocking of equipment
- **POOR POSTURE** again all weight carried on hips and lower back
- **POOR CIRCULATION TO LEGS** due to tightness of belt around waist
- **CONGESTION OF BELT** which could cause a safety risk in an emergency

2. To give a comfortable and flexible means of carrying equipment enabling the employee to perform their duties in a more enduring condition.

ASE VEST FEATURES

- **VEST DESIGN** to redistribute weight over upper body.
- **PADDED HIPS** to prevent bruising/chaffing by rubbing and knocking of Self Rescuer and Battery.
- **PADDED SHOULDERS** to help carry and redistribute weight. Also protects shoulders when carrying equipment.
- **FULLY ADJUSTABLE** gives a more personal fit no matter the wearers body shape.
- **HEAVY DUTY MESH** hard wearing but breathable. Also allows for pouches to be attached to vest.
- **METAL 'O' RINGS** on front for securing locks and safety clips.
- **CAP LAMP SECURING TAB** minimizes risk of snagging or being caught in equipment.
- **HIGHLY VISIBLE** due to reflective stripping.
- **POUCHES & POCKETS**, both permanent and attachable, provide a secure means of carrying

equipment and instruments as well as redistributing weight and congestion. Pouches can be made to suit specific instruments or request.

- **The ASE Vest** is a flexible design and can be reconfigured to suit the clients requirements.



OPTIONAL FEATURES

- **SELF RESCUER POUCH** padded to stop bruising and accidental knocks when working in confined areas. Also reduces unintentional opening or damage of units. Two different designs available.



- **LUMBAR SUPPORT BELT** additional lower back support although vest in itself is supportive.



- **HYDRATION PACK** water always on hand.

