

Equipment included in the ErgoAnalysis system package delivery

Equipment	Description	QTY / project day / 1 participant	Additional
ErgoShirt 3	Shirt to measure upper body EMG data	At least one of proper size/participant. Sizes: S, M, L, XL, XXL	
MShorts 3 (optional depending on the case)	Shorts to measure lower body EMG data	At least one of proper size. Sizes: XS, S, M, L, XL, XXL	
Phone (Nokia Phone model 6.2 onwards + charging cable)	Phone with ErgoMobile app to control for the devices and for video recording during measurements	1	Myontec ErgoMobile app installed, latest version of Wear OS app installed, connected to Google account
Watch (Polar M600 watch paired with the phone via Wear OS + charging cable)	Watch with ErgoWatch app to collect heart rate data	1	Myontec ErgoWatch app installed, Latest version of Wear OS app
MCell 3 datalogger	Device to record data	3 for each ErgoShirt 1 for the MShorts	
Charging cables	For charging batteries and for data download	1 for each MCell	
USB-hub	At least 4-port USB-hub for PC for data download and charging dataloggers	1	One 4-port USB-hub is included with the delivery. If more USB-ports are needed, please purchase additional USB-hubs locally.
Spray bottle	To apply water to sensors	1	
Wash bags	To be used when washing the smartwear and for storage	1 for each cloth	Washing instruction at https://www.myontec.com/ergo-maintenance
Moisturizing cream ('Aisti' available from Myontec)	To be applied to PARTICIPANT'S SKIN before measurement	1	Moisturizing cream WITHOUT paraffin

Equipment you need to get / download yourself (not included in the ErgoAnalysis system package delivery)

Equipment	Description	QTY / project day	Additional
Participant Questionnaire	To collect basic data and informed consent from a participant	1 / participant	Printable at https://www.myontec.com/ergo-set-up
ErgoAnalysis Onepager	To inform participant about ErgoAnalysis method and measurement	1 / participant	Printable at https://www.myontec.com/ergo-set-up
ErgoAnalysis MVC measurement protocol	To collect individual maximum muscle EMG value for the EMG algorithms	1	Download/print from https://www.myontec.com/measurements-walkthrough
Strap(s) for MVC tests	For resistance in the isometric muscle tests	1 if just one tester present - 2 if pair of testers present	Length adjustable (2-3m long, 3-4 cm wide) unstretchable strap, e.g. lashing strap.
External powerbank for the smartphone + charging cable	External power for ErgoMobile app for over 3 hour measurements	1	Please keep connected to the smartphone during measurements
External HDD for data storage	HDD to storage data during analysis	1	Please see system requirements at https://www.myontec.com/ergo-set-up
Tripod	Tripod to steady the phone while taking video	1	
Phone to tripod -adapter (e.g. Hama 4351)	Tripod adapter for the phone for attachment	1	

Optional equipment (not included in the ErgoAnalysis system package delivery)

Equipment	Description	QTY / project day	Additional
Large bag (trolley type)	Bag to ease your travelling and storage with the system	1	
Arm dynamometer (Jamar)	For grip strength measurements during MVC test	1	Useful measurement to have participant grip strength comparison to the population reference values
Protection clothes and safety equipment for your own team	Eye goggles, helmet, safety shoes, hearing protectors, breathing mask/filter, covers against rain etc.	1 for each tester present	Please consult your clients HR management during preparations meeting in advance