

# 3motionAI

ROSA

## Alleviate Stress & Reduce Workplace Injury Risk in a 15-minute Assessment.

The Rapid Office Strain Assessment improves office ergonomics at 90% savings over consultant managed evaluations.

Office workers spend over two thirds of their day sitting at their desks. This increases the risk of developing chronic neck, back and other joint pain and discomfort leading to reduced productivity and injury.

### Prevent Injuries with Actionable Workstation Adjustments

ROSA provides a digital and cost-effective solution to improve employee health and safety in the office. ROSA quickly guides the employee through a self-assessment and shows the employee how to properly adjust their workstation and prevent discomfort and injury.

Proven effective, ROSA is cited in over 100 scientific publications.



**Reduce risk** with fast & accurate assessments



**Effectively** satisfies up to 91% of needs



**Healthier**, reducing lost time by up to 44%

### No Learning Curve. Instant Feedback for Improvements.



#### 1. Invite Employees

Employees participate in self-assessment of their workstations.



#### 2. Self Assessment

They receive real-time feedback for improving workstation setup.



#### 3. Track Risk & Improve

Track participation, identify risk and get furniture recommendations.

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Empower your business with **Motion Intelligence.**

3motionai.ai