WHICH **EXOSKELETON** IS RIGHT FOR YOU?

Interreg North-West Europe
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MSD-CARE

Physically demanding jobs—such as lifting, carrying, pushing, pulling, or holding static postures—can take a toll on the body. Exoskeletons are designed to reduce strain, improve comfort, and support workers in performing these tasks safely and efficiently.

Do you perform tasks that are physically demanding?

Do you often hold the same posture for a long time?

Do you require additional support to the lumbar region?

If you answered yes to any of these questions, an exoskeleton could provide valuable support in your daily work.

But with so many models and configurations available, how do you know which one fits your needs best?

To help you find the right fit, we've created a Self-Assessment Form that guides you through the key factors to consider. Once completed, you'll receive a clear overview of your requirements, making it easier to compare options and focus on the features that matter most.

Discover your ideal exoskeleton. Start your self-assessment today.

MSD-CARE self-assessment form

TOPIC	QUESTION	YOUR ANSWER	COMMENTS
TYPE OF SUPPORT	What do your daily tasks include?		Choose the right model depending on if you require extra support in your arms, neck, lower back, or legs.
	What type of patients do you work with most often and with what frequency?		Those working with heavier patients might benefit from active support, while lower, more frequent effort might benefit from passive support.
	Do you regularly hold static work postures?		Choose a model which is focused on static support rather than lifting/carrying.
PRACTICALITIES	Will any exoskeleton be provided by your employer?		If it is not provided by your employer, make sure the cost aligns with your budget.
	Will it be reimbursed by your institution or insurance?		If you will be reimbursed, ensure the exoskeleton you choose fits the requirements from the payer.
	Do you have enough storage space for this prototype/model?		Choose a model apt for your space. Each model is made up of various parts which can be easily misplaced.
	Is there a system in place to monitor the exoskeleton?		Look for a model that you can maintain and keep up to standard according to your abilities/support available.
	Do you have a proper way of cleaning any exoskeleton purchased?		Consider necessary sanitation and disinfection between patients. Choose materials that can be wiped down or washed at high temperatures, following local hygiene regulations.
WORK ENVIRONMENT	Will you be the only one using it, or will it be shared?		If shared, additional aspects must be considered: 1) capacity to adjust to different body types, 2) maintenance and 3) hygiene.
	Will you get access to proper training on how to use the exoskeleton?		Look for manufacturers that provide training. Each exoskeleton is unique; it is important to ensure that you fully understand how to use it.
	Will you be wearing a uniform?		Try on the exoskeleton with the uniform to ensure that you still have access to your clothing/pockets, and other necessary parts for day-to-day activities.
	Do you feel comfortable while wearing it?		Choose a model that fits comfortably - you want to feel supported not constrained. Consider biomechanical factors like pressure on the chest and hips.
	Do you work with vulnerable patients?		Consider patients' needs and mental capacity - some may be unsettled by a carer in an exoskeleton. Avoid straps or loose parts that could be counterproductive.
	Will you have assistance when putting on / taking off the exoskeleton?		Some exoskeletons might require support from a second person, choose a model appropriate to your situation.
	How confident do you feel whilst wearing it?		Make sure that you are not only physically comfortable, but that your choice of exoskeleton allows you to feel secure regarding your self-image.