



**SAFER, MORE PRODUCTIVE WORKPLACE ENVIRONMENTS DON'T HAPPEN BY ACCIDENT...**

# Introducing **Ergo-One® Plus Power™**

*The Power is in Your Hands*



Inge**NEW**ity On Wheels!

- > NEW Ergo-One Plus Power™ Platform Carts
- > NEW Ergo-One Plus Power™ Tug

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# Ergo-One® Plus Power™

## MAXIMIZE PRODUCTIVITY AND REDUCE ON-THE-JOB INJURIES

It's no accident that employees tasked with transporting heavy loads via carts are susceptible to serious on-the-job injuries. The physical strains involved in pushing, pulling and stopping – as well as the repetitive motions these tasks entail – often result in employees who are unable to work and skyrocketing workers' compensation costs for their employers.

At Lakeside, our designers work with orthopedic specialists to create products that work with the body to help keep your staff safe from accidents and injuries, all while increasing worker productivity.

With our new *Ergo-One® Plus Power™* product line, ergonomic engineering gets a boost – *literally* – in the form of a 24-Volt power system that enables your workers to transport even the heaviest cart loads safely and easily. Power-assisted Tugs and Platform Carts are new essentials for industries where ergonomic injuries are a concern. A complete line of Lakeside-designed hitches (factory-installed or retro-fit) extends the utility of *Ergo-One Plus Power* to your entire fleet of carts.



***Ergo-One Plus Power***  
*The Power is in Your Hands*





## YOU CAN'T AFFORD NOT TO INVEST IN ERGONOMIC, POWER-ASSISTED EQUIPMENT

Since 2002, the U.S. Department of Labor's Occupational Safety & Health Administration (OSHA) has sought to reduce musculoskeletal disorders (MSDs) in the workplace via industry- and task-specific guidelines, outreach, enforcement and research. Regardless of industry, power-assisted cart transport technology can be a key component in creating OSHA-compliant work environments. Compare the cost of Workers' Compensation claims to the price of investing in equipment designed to safeguard employees – while making them more productive – and you'll see it's no contest: Lakeside Ergo-One® Plus Power™ makes dollars *and* sense!



## ESTIMATED TOTAL WORKERS' COMPENSATION COSTS BY INJURY TYPE\*

### BACK/NECK

- Removal of disc material
- Compression fracture

Potential Claim Range:  
**\$8,000 - \$145,000**



### SHOULDER

- Rotator-Cuff Repairs

Potential Claim Range:  
**\$45,000 - \$75,000**



### HIP

- Partial Hip Replacement
- Total Hip Replacement

Potential Claim Range:  
**\$115,000 - \$165,000**



### WRIST

- Unilateral carpal tunnel release
- Bilateral carpal tunnel release

Potential Claim Range:  
**\$8,000 - \$24,500**



### GROIN/ABDOMEN

- Hernia Repair

Potential Claim Range:  
**\$8,000 - \$20,000**



### KNEE

- Repair torn meniscus
- Partial knee replacement
- Total knee replacement

Potential Claim Range:  
**\$38,500 - \$160,000**



\*Except for compression fracture, all estimate examples are for surgical procedures. (Wisconsin Workers' Compensation Claims, 2006)



# Ergo-One® Plus Power™

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## ! Platform Carts

### INCREASED PRODUCTIVITY IS JUST THE BEGINNING

You're not just working faster, you're working smarter! The most versatile battery-operated carts available, Lakeside's Ergo-One Plus Power Platform Carts are adaptable to hundreds of different uses, all while reducing the chance of injury when transporting heavy loads. Available in three standard platform sizes, you can bolt, weld, or clamp your current equipment and transport carts to the steel platform to create your own custom carts. Eliminate unnecessary risk, increase productivity, and make your workplace work for you!



8165



8190

### Features:

- Proportional speed control with two speed ranges.
- Intuitive fingertip motion controls (top side, forward and bottom side, reverse).
- LED battery charge level indicator.
- Emergency stop switch.
- Maintenance-free Ergo-One transaxle drive system.
- Dynamic regenerative braking.
- Automatic electro-mechanical parking brake.
- Rugged spring suspension system with center wheel drive.
- Built-in battery charger with power cord.
- Reinforced tubular steel frame.
- Solid-state electronic module with 24-Volt power system.
- Water-resistant electronics.
- Fail safe throttle design.
- Flat-free tires and casters.

### Weight Capacity

- 1,500 lbs. (680 Kg) on a flat surface.
- 1,000 lbs. (453 Kg) on a six degree incline.



MODEL	PLATFORM SIZE	MAX. LOAD CAPACITY	OVERALL SIZE			CASTERS/WHEELS		CASE WGT. LBS. (KG)	CASE CUBE CU FT (M3)
			W	L	H	TYPE	DIA.		
8165	27" x 41"	1500 (680)	27"	50"	42-1/2"	4 ea. Swivel Casters	5" (127)	265 (119)	47.6 (1.9)
	(686 x 1041)		(686)	1270	1080)	2 ea. PowerWheels 8-3/4" (224)			
8180	27" x 48"	1500 (680)	27"	56-1/2"	42-1/2"	4 ea. Swivel Casters	5" (127)	270 (122)	47.6 (1.9)
	(610 x 1219)		(686)	1435	1080)	2 ea. PowerWheels 8-3/4" (224)			
8190	27" x 60"	1500 (680)	27"	68-1/2"	42-1/2"	4 ea. Swivel Casters	5" (127)	292 (131)	56.6 (2.3)
	(610 x 1524)		(686)	1740	1080)	2 ea. PowerWheels 8-3/4" (224)			

Measurements in ( ) denote metric millimeters, unless otherwise specified. \*Platform height 11-1/2" (292) from floor.

# Ergo-One® Plus Power™



## Tug

The Lakeside Ergo-One Plus Power Tug is designed to reduce injuries associated with repetitive pushing and pulling of heavily laden carts. The Tug is an ergonomically-designed motorized tow vehicle used to pull a variety of single or multiple carts in a safe and efficient manner with very little effort from the operator. Lakeside's Tug has applications in numerous markets, including healthcare, food service, hospitality, and material handling.

### Features:

- 24-Volt DC Transaxle Drive
- 24-Volt DC Lift Motor/Actuator (IP-66 rated)
- Non-Marking, Flat-Free Tires
- 22 Amp/Hr AGM or Sealed Lead Acid Batteries – Qty-2
- Quick-change battery system
- Self-diagnostics-enabled, 125-amp controller
- User interface hand controller (horn, key switch, lift button, throttle, 2-speed switch)
- Small footprint (less than 16" D x 24" W x 45" H)
- Built-in battery charger
- Battery charge indicator
- Durable ABS shroud
- Travel wheel for use when transporting without a load (cart)
- "Rain Proof" (IP-54 rating)
- Pin configuration hitch docking for use on many carts

- Reduce push/pull injuries
- Increase productivity
- Reduced FTE's impact your bottom line!



8162



MODEL	MAX. TOW LOAD	OVERALL SIZE			WHEELS TYPE/DIA.	CASE WGT.		CASE CUBE	
		W	L	H		LBS.	(KG)	CU FT	(M3)
8162	1,500 lbs.	24"	18.72"	41.59"	Flat-Free,	150	(68)	21	(.59)
		(610)	475.5	1,056.4)	Non-Marking/8.75"				

Measurements in ( ) denote metric millimeters, unless otherwise specified.

# Ergo-One® Plus Power™

Ergo-One® Plus Power™

## ! A Powerful Investment That Pays You Back... Whatever The Application!

### MATERIAL HANDLING



**SCENARIO:** Deliver and re-stock vending machine products throughout a 20 story building. Everything from soda bottles and coffee to food products and ice cream has to be delivered to the machines via a platform cart on a daily basis. Most of the floors are carpeted and the elevators are limited in length. Due to the weight, only limited amounts of product can be pushed to the vending machines on any given floor. It took our customer two days to go through and load the 60 machines at this location one time.

**SOLUTION:** Ergo-One Plus Power Platform Cart, a motorized platform cart with a load capacity of 1,500 pounds. A slight touch of a finger on the control propels the cart and load effortlessly down the long corridors and on to the elevators. Easily maneuvering through carpeted office areas with 3 times the load previously pushed.

**RESULT:** With the increased payload, all 60 machines could now be serviced in a fraction of the time it took before allowed this customer to pick up one more very profitable vending location. The load and service cycle for the 60 machines was reduced to one day. The greatest benefit of using an Ergo-One Plus Power Platform Cart cited by this customer was no more sore backs at the end of the day!



### FOODSERVICE

**SCENARIO:** To reduce injuries, employees at a large nursing care facility were allowed to handle only one tray delivery per trip while delivering breakfast, lunch, or dinner to residents. Each of the six halls required three carts to feed the residents; each hall required one nutrition aide to deliver and pick up the dietary carts (i.e., 36 trips per meal to deliver and pick up the carts). Since all the food was prepared at the same time, some of the residents received unacceptably cold food.

**SOLUTION:** Ergo-One Plus Power Tug and Ergo-One Hitch System. The tug was able to effortlessly pull three loaded carts fitted with the hitch system through the long corridors in the same time it took to deliver one cart before. One person could now deliver three halls worth of carts in the time it took to deliver just three carts before. Two people with two tugs did the entire complex in the time it took to deliver just three carts previously. The same held true on the retrieval of the carts.

**RESULT:** The Tug and Hitch System helped improve the overall quality of the food being served, and reduced stress levels on staff. Two positions were subsequently reassigned due to the efficiency gains. Imagine how the Lakeside Ergo-One Plus Power Tug can improve your bottom line!



### HEALTHCARE



**SCENARIO:** Safely move 18 fully-stocked case carts from central supply to the OR. Many hospitals allow only one cart to be pushed or pulled by hand due to the health risks associated with muscular skeletal push-pull type injuries. That means two long walks for every one cart delivered to the OR, plus a return trip for restocking.

**SOLUTION:** Ergo-One Plus Power Tug and Ergo-One Hitch System. The Tug safely and comfortably moves three or four of those same carts, hitched together, to the OR. A simple touch of a finger on the control lever propels the carts down long corridors, across tile and carpeted floors, maneuvers around seating areas and other obstacles, and enters and exits elevators with ease. Whether you're moving linen carts, dietary carts, case carts, records carts, dialysis carts, endoscopy carts or other wheeled applications, the Ergo-One Plus Power Tug can transport them safely with little to no operator effort.

**RESULT:** Less overall time to complete jobs; faster and safer deliveries. It doesn't take a brain surgeon to figure out the cost and safety benefits that come with the Ergo-One Plus Power Tug!



# Ergo-One Hitch System

LAKESIDE'S THREE HITCH DESIGNS ACCOMMODATE ANY CART

## HITCH RECEIVER TUBES

**Welded Receiver Tube** – Heavy-duty, permanent design incorporated into your new Lakeside cart during production. Must be ordered in conjunction with new Lakeside cart at time of cart order. Accepts the available male and female hitch ends below.

**PermAdhere Receiver Tube** – Convenient design option for light duty carts. Factory installed on new Lakeside carts or field retro-fitted on your existing carts. Utilizes a high-bonding acrylic foam tape to install the hitch tube to the cart. For use only on light duty carts with continuous flat bottoms only. The Receiver Tubes are cut to length with ears welded to accommodate the cart bottom's mounting surface. A detailed drawing of your cart's bottom must accompany your order when ordering for an existing cart. Works with the male and female hitch ends below.

MODEL	DESCRIPTION
4754	PermAdhere Receiver Tube

**Clamp-On Adjustable Tube** – An almost universal tube-style hitch design. Clamps to two sides of a cart while running across the cart's underside. Three telescopic tube designs adjust to work with carts 26" to 41" long; 40" to 55" long; and 56" to 76" long. Works with male and female hitch ends listed below. A high-bonding acrylic foam tape helps hold hitch to cart.

MODEL	SIZE	ADJUSTABLE LENGTH
4751	Small Adjustable Clamp-On Hitch	26" - 41"
4752	Medium Adjustable Clamp-On Hitch	40" - 55"
4753	Large Adjustable Clamp-On Hitch	56" - 76"

## MALE HITCH ENDS

**Male Hitch End** – Used to tow the cart. Tow pin features a safety latch to prevent hitch connection from vibrating loose. Requires one of the Lakeside Hitch Receiver Tubes listed above.

MODEL	FITS CARTS	CASE WEIGHT
4750	5" or 6" casters	4 lbs. (ea.)/ 1.8 kg
4755	6" or 8" casters	4 lbs. (ea.)/ 1.8 kg

## FEMALE HITCH END

**Female Hitch End** – Used to tow an additional cart behind a towed cart. Works on carts with 5" to 8" casters. Fits over tow pin on Male Hitch End. Requires one of the Lakeside Hitch Receiver Tubes listed above.

MODEL	FITS CARTS	CASE WEIGHT
4754	5" or 8" casters	6 lbs. /2.7 kg

## ERGO-ONE PLUS POWER PLATFORM CART RECEIVER TUBE

Bolts on to the front caster mounting bolts of the Ergo-One Plus Power Platform Cart. Allows platform cart to tow other carts using the Ergo-One Hitch System. Must order the Female Hitch Model 4754 to tow carts.

MODEL	DESCRIPTION	CASE WEIGHT
4756	Platform Cart Receiver Tube	4 lbs./1.8 kg



PermAdhere Receiver Tube  
4754



Clamp-On Adjustable  
Receiver Tube  
4752



Male Hitch  
4750



Male Hitch  
4755



Female Hitch  
4754



Ergo-One® Plus Power™  
Platform Cart Receiver Tube  
4756