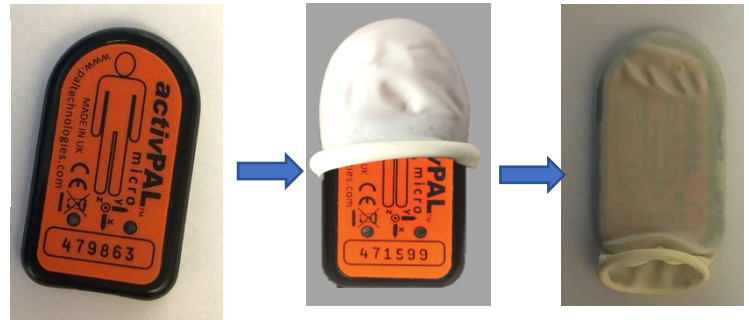


## How to Place ActivPAL

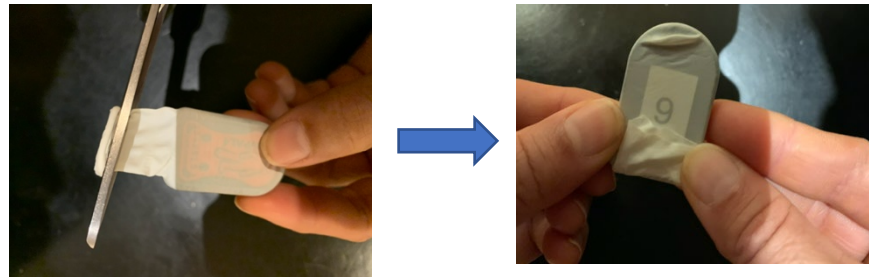
### Step 1

Slip the ActivPAL tracker into the protective rubber sleeve.



### Step 2

Cut off the end of the rubber and fold to keep water away from the tracker.



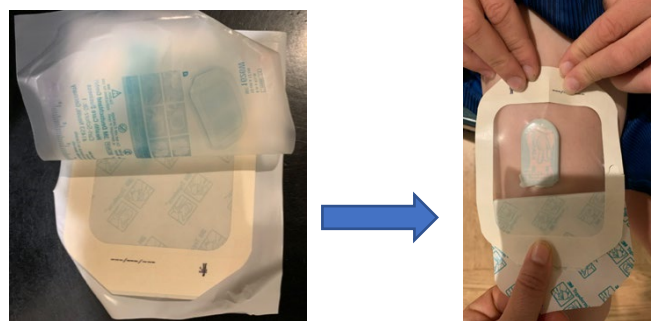
### Step 3

Place the ActivPAL with the rubber on the center of your thigh, making sure that the orange side facing up and the curved edge pointing towards your stomach.



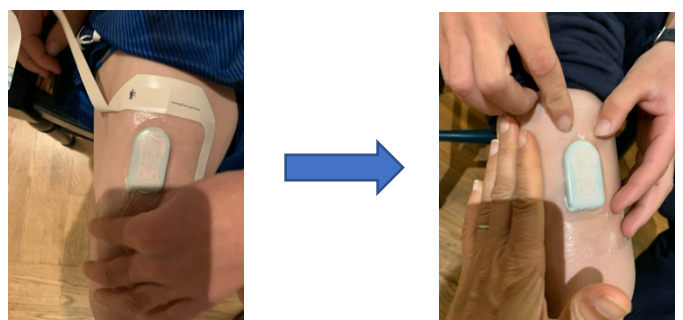
### Step 4

Open the Tegaderm/Bandaid provided by removing the large paper lining and position over the ActivPAL tracker.



### Step 5

Peel off the paper on one corner and stick to the thigh. Slowly peel the paper away and apply light pressure to Tegaderm/Band-Aid to make sure there is a good seal.





**The ActivPAL is now in place.**

- You will have 5 rubber sleeves and Tegaderms/Band-Aids and can replace them at any time.
- You may shower with the device on, or take it off and replace the device immediately after.
- Please remove the device for baths or swimming.
- Please sleep with the device on.

Please wear the device until **Monday morning**, then return it to your School's front office in the plastic bag that you received it in. You may keep unused rubber sleeves and Tegaderm/Band-Aids.

**In case the device malfunctions, or if any discomfort or irritation occurs remove the device and contact the researchers by emailing [ucergonomics@gmail.com](mailto:ucergonomics@gmail.com) or phoning 510-665-3403(office) or call Professor Carisa Harris at 415-640-0563(mobile).**

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