



FIT Ergonomics: Keeping your work force safe and healthy

**FUTURE INDUSTRIAL TECHNOLOGIES  
EMBRACES BLOGGING**



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## WORKPLACE SAFETY AND ERGONOMICS BLOG

<http://backsafe.blogspot.com>

It seems that almost every business section of the newspaper, magazines and business analysts are talking about blogs. Articles have appeared in the Wall Street Journal, Fortune Magazine and Forbes.

Even Morgan Stanley put out a report on how the Internet is affecting business and advocates blogging as a means to inform people about your subject.

As one reporter said – if you are reading this in a newspaper, fold it up and boot up your computer. You're missing the blog revolution.

What is a blog? It is slang for web log – a place on the Internet to comment and share news and views about a subject.

At Future Industrial Technologies (F.I.T.) we have embraced this new technology and started our own blog, covering subjects like **workplace safety, ergonomics training and workers' compensation**.

The BACKSAFE blog is updated several times a week with news items about our industry as well as expert commentary and case studies about how custom ergonomics training can impact your bottom line - prevent workplace injury, lower workers' compensation costs and raise productivity.

The blog has several briefing channels that update regularly and bring you all the latest news about workplace injury, injury prevention, ergonomics training and RSI in one convenient site.

Our blogsite offers the option to subscribe to this content via syndication feeds called Really Simple Syndication. (RSS)

This is a new technology that allows you to subscribe to web site content you'd like to read on a regular basis. Instead of having to go the website to read the content, you can have it delivered right to your desktop.

There is a full explanation of how it works and how to get an RSS reader here

[http://reviews.cnet.com/4520-10088\\_7-5143460.html?tag=nxt](http://reviews.cnet.com/4520-10088_7-5143460.html?tag=nxt)

The BACKSAFE blogs strives to bring you interesting and relevant industry information that will assist you to lower costs, increase production and have a healthier, happier workforce.

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### About Future Industrial Technologies

FIT offers workplace safety and ergonomics training programs. BACKSAFE® teaches employees how to perform their specific job tasks in a manner that is biomechanically correct. SITTINGSAFE® teaches office employees how to adapt their existing workstations so they are ergonomically correct. These injury prevention programs make your workplace safer and are proven to reduce injuries and worker compensation insurance costs.