

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY

Bionomics™ Prevents Back Injuries by Modifying Automatic Training Patterns

Back injuries and other sprain/strains are caused, simply, by the experience of too much physical stress on soft tissue that accumulates on the body over time.

There is no more mystery to it than that; too much stress accumulating on often used muscles groups that lead to discomfort, pain and injury. The obvious solution is to limit the unnecessary physical stress being experienced by the body.

Why we were not taught to use our bodies properly in 3rd grade is topic of a future newsletter. However it is quite evident, by looking at kids lifting backpacks, mothers lifting babies, and men and women at work, that a basic knowledge of what contributes to future painful and perhaps life altering injuries is surely lacking.



Whoever coined the term "ignorance is bliss" must have written that after taking one too many pain killers.

In order to solve this society wide dilemma that is costing U.S. and Canadian businesses billions of dollars per year in workers' comp and health care costs, to say nothing of the personal pain and suffering, F.I.T. researched and developed ways to train adults on how to change behavior to avoid these painful and costly injuries.

Due to the fact that there was no existing injury prevention training methodology that encompassed biomechanics, ergonomics, stretching and behavioral sciences, we created Bionomics™. Bionomics addresses how to effectively teach employees to control/manage their own musculoskeletal health.

The biggest problem for corporations and public entities with regards to preventing back injuries and other sprain/strains was getting employees to buy into using proper body management techniques that were taught in erstwhile trainings.

Some management involved in Risk Management, HR, Safety and Workers' Comp literally gave up trying to train their employees because the training NEVER left the classroom. In other words, employees could get a 100% test score on how to lift but they didn't apply the principles while performing their job tasks. Training became a waste of time with no return on the investment simply because physical behavior never changed.

Our goal was to discover how to get employees of any educational level to apply proper lifting, pushing, pulling, shoveling, enter-exit vehicles, sitting, typing, etc., skills in their everyday life. That's right, how to get THEM to change their own behavior. It has been accomplished, tested, proven, proven over time and now routinely accomplished.

There have been many evolutions and breakthroughs that have lead to attaining employee buy-in, a key element in effecting injury and cost reduction.

One breakthrough was the use of "drilling" techniques that relate specifically to the employees job descriptions. We found that when teaching physical skills, employees only learned these skills by doing them. Training must cause, within each employee, realizations that bring to light they have been using their bodies incorrectly in life and that they are contributing to their own non-optimum physical condition.

Our statistics of injury and cost reductions are so consistent and dramatic (last week a hospital reported a 43% reduction in injuries) that it appears we are modifying life-long training patterns.

Imagine if we have to think of everything we are physically doing when we ride a bike, drive a car, or even type on a keyboard. Once we learn certain physical movements we set up automatic training patterns to take care of these things for us so our attention can go onto other things while doing them.

Unfortunately, when younger, we were never taught how to lift correctly, get out of a truck, or shovel snow. The training patterns nonetheless were established. The unknowing, continual, improper use of our bodies on and OFF the job is why 80% of the population experiences a back incident in their lives.

Bionomics, due to our discoveries and training methodologies, apparently modifies these training patterns and resets them to the "kinder techniques" we train in our Bionomic Programs.

We don't know what our clients are more surprised about, their employees actually participating and buying-in to change their own behaviors or the dramatic reduction in subsequent injuries.

Back injuries and other sprain/strain are no longer a mystery. Your employees want to know this information for their own well-being and for the well-being of their families. The acceptance of our information by employees is the key to our success. We know how to communicate our principles to any employee population.

You can find out more about this at www.backsafe.com.

We want to put you in charge of your workers' comp and health care costs in 2008. We can help!

Dennis Downing,
President

*This article may be reprinted in its entirety provided that the following resource is left intact:

About Future Industrial Technologies // Future Industrial Technologies, Inc. (F.I.T.) offers workplace safety and ergonomic training programs. Backsafe® combines biomechanics, ergonomics, stretching and discoveries in how to train employees, that results in a change of physical behavior at work and in life. Sittingsafe® teaches employees how to adapt any workstation to be ergonomically correct specifically for their body types and how to stretch away physical stress common with office personnel. F.I.T. has a network of over 1200 certified Injury Prevention Specialists across North America to provide on-site trainings no matter where you have a location. F.I.T. also offers a Corporate Licensing Option if in-sourcing is preferred.

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