



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



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NEW!! Backsafe® and Sittingsafe® Goes VIRTUAL with eBacksafe® and eSittingsafe®

FIT (Future Industrial Technologies) has helped North American organizations for over 29 years to prevent expensive back, shoulder, and ergonomic injuries. We are officially announcing our new virtual training modules [eBacksafe](#) and [eSittingsafe](#)!

We have applied our in-person interactive training breakthroughs to these new virtual training options. [eBacksafe](#) programs are customized for YOUR employees. They will learn how to stretch and perform their job tasks by doing them!! And [eSittingsafe](#) will teach your office and home-based workers how to personally set up any workstation to eliminate insidious aches, pains and discomfort. And they will learn powerful stretches specifically designed for office personnel.

We are very excited to continue to help people to prevent painful and life altering injuries whether doing physical based job duties or working on a computer. We offer live “eyes-on” training modules or on-demand training that can be taken any time of day or week. Please [email me directly](#) if you would like more detailed information or if you are interested in taking a training for a free “test drive”! Back injuries don’t wait for pandemics to end and neither does FIT! [FIT](#) created a new branch of ergonomics that teaches people how to do their jobs and at home activities in ways that we all should have learned...but didn't. **Bionomics** (bio=body) + (nomics=manage) is the result of research that discovered people can in fact *prevent* insidious “micro traumas” that add up over time (called Cumulative Micro Trauma—CMT) to cause lifestyle altering pain and injury.

[Learn More](#)

"The customized online FIT program is so professionally done! The training quality is first class..."

- From a team member at a regional water district

If you have any questions, please [email us](#) or call us at **(800) 775-2225**.



Prevent tomorrow's injuries today! [™]
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This article may be reprinted in its entirety provided that the following resource is left intact:

Future Industrial Technologies, Inc. (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.

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