

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

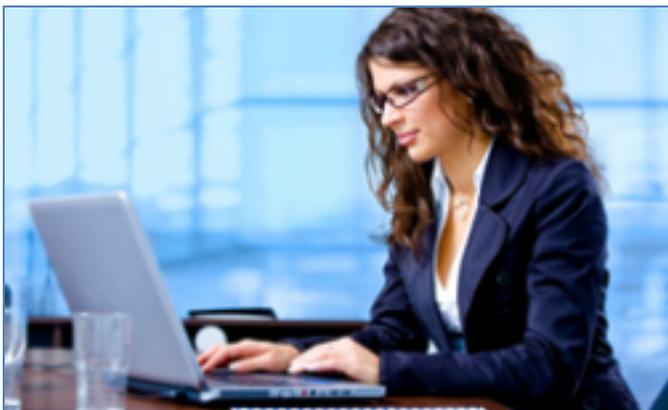
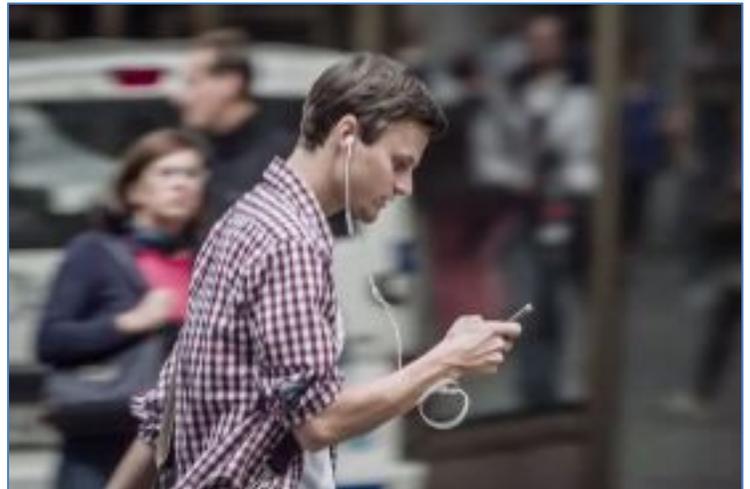
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Tech Neck...Yes, It's a Thing

We've all seen them, pedestrians stooped forward over the ubiquitous mobile device...seemingly oblivious to traffic, other pedestrians and potholes. Heck, we might have even been one of "those people" ourselves! Tech Neck sufferers are everywhere!

Our obsessive attachment to these devices comes with a myriad of issues of course, but let's discuss the physical/anatomical costs of this love affair.

Consider neutral posture—head up, shoulders squared, arms at ease—would fully support your 10-12 pound head. Lean forward, shoulders hunched, clutching a phone and now you're looking at much more relative weight being supported by your spine...up to 60 pounds in fact!



Add in the fact that many of us wear corrective glasses that cause us to further distort our neck to find the right spot to actually be able to read that tiny print...and you can imagine, it's a constant burden our spines were just not designed to manage.

So now that we've established what we all see and experience daily, the bigger discussion should be: what can be done about it?

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As a leader in the Injury Prevention business for 20+ years, [FIT](#) has a couple of great, practical suggestions.

1. From time to time raise your cell phone so you are reading with your head in a more level position. Use those biceps you've been working on at the gym to lift that tiny device closer to your face, rather than subjecting your poor overused spine to dangle that heavy head!
2. Try out some neck stretches to reverse the accumulated micro trauma—because that prolonged posture really is causing trauma to your shoulders and neck. FIT's [Backsafe®](#) and [Sittingsafe®](#) stretches are easy to do and have proven very effective. You can check them out on the website: www.backsafe.com The Cross Shoulder Pull, Shoulder Rolls, and the Chin Tuck are especially therapeutic. If you really like them, you can even order your own laminated card by calling FIT at 800.775.2225.

It seems evident that technology isn't going away, so let's make sure that we do our best to stay healthy and fit in our plugged in world. Tech Neck doesn't have to be a thing after all!



Prevent tomorrow's injuries today!™
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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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