

# FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

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## Backs Don't Know From Boxes or Babies

On April 29, I will be in Ohio, speaking at the Annual [Warehouse Education and Resource Council \(WERC\) Conference](#). A Warehousing and Distribution client and I will be presenting a case study on the significant financial benefits of effectively reducing back and shoulder injuries to Associates.

We will discuss how our [Backsafe® training](#) successfully changed the physical behaviors of warehouse workers and drivers both ON and OFF the job.



27 years ago, in the early stages of our research and development into what has become coined as [Bionomics™](#) (the training methodology which Backsafe and [Sittingsafe®](#) is based on), we discovered the most common cause of most back, shoulder and sprain/strain injuries. Based on training over 1 million employees we know that when people become aware of how to prevent the micro-traumas of everyday living, pain and injuries go way down (thus costs).

Cumulative micro-trauma (CMT) is dramatically magnified and impinges on our overall health simply because we have never been taught anything about the subject. Furthermore, we have never been taught that we can prevent annoying "everyday" pains or the life altering back claim.

The beautiful simplicity of this is when one does learn the rules of preventing cumulative micro-trauma, it applies to everything we do. When you lift a load that weighs 25 pounds your back doesn't care if it is a box or a

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baby. It is 25 pounds of weight. But did you know that when you reach out a mere 10 inches while placing that “load” on a shelf or in a crib, that 25 pounds turns into a whopping 250 pounds of pressure on your spine?

The Backsafe rules apply to everything we do in life and to every profession that we train. The rule that would apply to the above example is to “Keep the Load Close”. The beauty of Backsafe is it is training for life, not just for work. Employees appreciate Backsafe workshops because they are practical and apply to their lives 24/7.



The most important aspect of any training is, can the attendees apply what is learned and will they buy-in and commit to using it in their lives. That, is the secret sauce and what [Bionomics](#) is all about. Injury prevention training is only as good as it is applied by your employees in their lives!

If you're ready to plant your own tree of health and wellness, [let us know](#). We have years of experience in a wide range of industries and are eager to help your employees to prevent a painful injury event on AND off the job!



Prevent tomorrow's injuries today!™  
Dennis Downing, CEO  
Future Industrial Technologies, Inc.  
[dennis@backsafe.com](mailto:dennis@backsafe.com)  
(800) 775-2225

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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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Call Toll Free: 1 (800) 775-2225 | Tel: (805) 967-2485 | Fax: (805) 967-2487  
Email: [info@backsafe.com](mailto:info@backsafe.com) | <http://www.backsafe.com>

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