



# FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



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## What if Employees *Do* Listen?

The age-old problem of painful and expensive back injuries was never solved for 2 main reasons:

1) The actual CAUSE of workplace strain/sprains was not known. The exact cause of a problem must first be determined to “fix” it. That was Backsafe’s® first discovery.

2) The next barrier to success was the “darn, my employees don’t listen” problem. After all, what good is education if employees don’t apply what they “learned” in their lives? That was Backsafe’s second major discovery.

**The following are employee comments from a distribution company, 1 year post training.** Warehouse employees received the Backsafe® workshops and office staff received the Sittingsafe® ergo training.

**Backsafe®**

### *In Their Words*

**No Pain**

Proper lifting techniques have helped both myself and my wife during day-to-day activities. I have used most of what is taught in this class, and it has made a big difference in my daily life. No Pain!!

**Better Technique**

I now use better lifting techniques; this has reduced my lower back and knee pain.

**Sleep Better**

I sleep better at night because now I know how to relieve sore muscles with stretches that I have learned from this class.

**Paying it Forward**

I tell my kids how to do Backsafe stuff. When they are playing video games on the couch, how to sit properly.

**A Huge Difference**

I have learned to use better posture when standing and sitting and it makes a huge difference.

## *In Their Words*

### **Practice Daily**

Chin tucks have really helped with my neck problems. Hand stretches have greatly improved my carpal tunnel. I practice all the stretches daily and have passed this info on to my family as well.

### **Feel 100% Better**

Neck was stiff for years. Started doing the neck exercise and chin tuck every day, feels 100% better.

### **Better Flexibility**

Doing more stretches I feel more flexible, also avoiding poor cell phone use more.

### **Less Tension**

Neck stretches – fewer headaches – less tension.

What if your employees experienced these personal “wins”? **What if 2022 was the year your sprain/strain claims significantly dropped?** What if 2022 was the year employee morale vastly improved?

Call us at 1-800-775-2225 to schedule a pilot program to prove that **your employees WILL LISTEN** and back and shoulder claims are preventable.

Let's make 2022 a healthy year for all!



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.