



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



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Backsafe® and Sittingsafe® Science-Based Injury Prevention Principles

FIT started our business in 1992. A team of very bright professionals was tasked with creating a solution to the ubiquitous, painful, and costly back and shoulder workplace injuries.

The first task was to **evaluate why the existing “back training”/“back schools” were failing to change employees’ habits and thus to reduce workers’ comp costs.** Why did attempts to prevent these often life-changing injuries by organizations throughout the world not yield results and returns on their investments?



We applied a simple problem-solving datum. In order to solve a problem, the exact cause has to be determined. The roof that still leaks after a repair is a great example of addressing the wrong or incomplete cause of the problem.

Therefore **the solution had to begin with “what is the cause of most back, shoulder, and other sprain/strain injuries?”** It was obvious, based on the fact that 80% of the US population experiences a back injury in their lives, that the cause had never truly been discovered.

The discovery was so simple it was a wonder no one had isolated it before. Our team of biomechanical experts observed that **virtually 100% of people in all walks of life: workers, people at home, and children were doing daily tasks of everyday living in ways that caused minor but constant compromises to soft tissue in their bodies.** Workers bending and twisting while lifting product, people at home twisting getting Little Johnny out of the car, while lifting laundry baskets, and children continually lifting backpacks incorrectly with a yet-to-be-developed musculoskeletal system.

We uncovered the societal oversight that was responsible for millions of lost workdays per year and for some, a life of having to take pain medications to get through the day.

Based on the discovery of **“cumulative micro-trauma”** being the lowest common denominator of most workplace back injuries, [Backsafe®](#) and [Sittingsafe®](#) were developed. I won't now get into how we created these programs to invite employee buy-in and enthusiasm to participate in these proven injury prevention workshops, but suffice to say when organizations across multiple sectors **reduced injury costs and lost days by as much as 63%, we knew that we discovered the correct cause of these injuries!**



21 years later in 2013, **a scientific study validated our discoveries into the cause of most back pain, “cumulative mechanical low-back load at work is a determinant of low back pain”.**

Today our science-based **Backsafe® and Sittingsafe® workshops can be customized specifically for your company, your job tasks, your employees.** We know how to communicate injury prevention science in simple and powerful concepts to get employees to change habits on and off the job. And for their family members, we just created the virtual “Backsafe® For Home Activities” too!



Say goodbye to those \$25k+ back and shoulder injuries. Something can be done about it. **Call us (1-800-775-2225) regarding our pilot programs and let your employees tell you these programs work!**

Change your workers' comp trends in 2022! Don't “manage” claims, STOP them! We “prevent tomorrow's injuries today.”



Prevent tomorrow's injuries today! TM
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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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