



# FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



---

Subscribe to our newsletters at <https://www.backsafe.com/contact-fit/>

---

## Back Pain Stats and Facts!

### Are You Part of the 80% of People in This Category?

It has long been reported that a whopping 80% of the people in the US experience back pain in their lifetimes. [Here are more back pain stats](#) from The Goodbody.com that should motivate every human being to learn how they can prevent back injuries to themselves and family members.

#### Back Pain Stats and Facts: A Quick Summary

- **80% of Americans will experience back pain** at some point in life
- 7.5% of the world's population suffer from lower back pain
- In 2017, **back pain was the leading cause of disability worldwide**
- Americans **spend at least \$50 billion annually** on treating back pain
- Nearly a **third of women suffer from low back pain**, compared to a **quarter of men**
- Lower back pain becomes **more common as you get older**
- **3 million years of productive life are lost** in the US every year due to back pain

The [Backsafe®](#) and [Sittingsafe®](#) injury prevention training programs have helped organizations throughout North America for over 30 years to prevent workers' comp costs and lost workdays attributable to sprain/strain injuries. We have accomplished magnificent reductions in these painful and costly injuries by creating a proprietary employee training methodology. **One of our core philosophies is that to reduce work-related injuries one must incorporate solutions for at-home activities as well.** We have always promoted "back injury prevention" as not JUST a Safety or Workers' Comp Reduction initiative but also a "wellness" initiative to prevent these horrible injury events.



We are pleased to announce that **we have augmented our on-site and in-person training Backsafe and Sittingsafe workshops with eBacksafe Virtual Injury Prevention Training for certain industries.** Additionally, we have created the eBacksafe for At-Home training class to help employees AND their family members. This 30-minute workshop teaches people things that we all should have learned years ago but never did. We have proven that most back pain is unnecessary and preventable. **Almost 100% of the people on this planet know more about their vehicles than they do their backs.** That is a fact!! This at-home training shares vital instruction from our Corporate and industrial in-person Backsafe training, and avails it to living rooms anywhere in the world.

[Please contact us on this link](#) if you would like to preview an eBacksafe virtual course including the "At-Home" course for your employees and families.



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



---

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.

---

© 2000-2023 Future Industrial Technologies, Inc. | All rights reserved.

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>