



FUTURE INDUSTRIAL TECHNOLOGIES

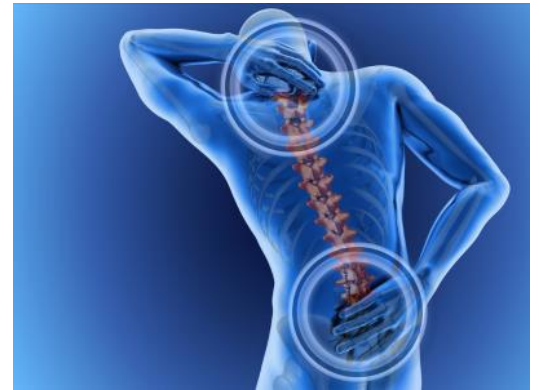
PREVENTING TOMORROW'S INJURIES TODAY™



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A Way of Life Preventing Cumulative Micro-Traumas (CMT)

Over 30 years ago, we embarked on a journey of research and development, culminating in the creation of Bionomics™ - the revolutionary training methodology behind [Backsafe®](#) and [Sittingsafe®](#). Our mission was to uncover the primary cause of prevalent back, shoulder, and sprain/strain injuries. Through training over a million employees, we discovered that raising awareness about preventing everyday micro-traumas can significantly reduce pain and injuries, leading to substantial cost savings.



Cumulative micro-traumas (CMT) take a toll on our overall health, largely because we have never been educated on the subject or taught how to prevent these seemingly inconsequential yet impactful injuries. It is our lack of awareness that prevents us from avoiding the disruptive "everyday" pains or more severe back claims.

The brilliance of this discovery lies in its simplicity - once individuals grasp the rules of preventing CMT, they can apply them to every aspect of their lives. For instance, whether lifting a 25-pound box or a 25-pound baby, the strain on your back remains the same. However, a seemingly minor action, like reaching out 10 inches to place the load on a shelf or in a crib, magnifies the pressure on your spine to a staggering 250 pounds!

[Backsafe's](#) principles extend beyond the workplace; they become a way of life. Employees find value in Backsafe workshops because they are not only practical but also applicable 24/7 in their daily lives.

At the heart of any effective training lies one critical factor - the ability of attendees to apply the knowledge gained and wholeheartedly commit to implementing it in their lives. This is the essence of Bionomics. Injury prevention training's true value lies in how well employees embrace and integrate it into their lifestyles.



If you're ready to foster a culture of health and wellness, let us know. With our extensive experience spanning various industries, we are enthusiastic about helping your employees prevent painful injuries both on and off the job.



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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