



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



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OUR LATEST POST

The Four Seasons of Life and Injury Prevention

Autumn has arrived with the heat of summer giving way to cooler temperatures. The fall is a favorite time of year for many and is the season of harvest. The seasons collectively are a wonderful system of survival.

Spring is the time of creation, seeds are planted, and things dormant “spring” to life. Summer brings with it longer days of sunshine, growth and vitality. Autumn is the season when the production of spring and summer is realized through harvesting. Harvest is the gathering of crops made possible by spring and summer. Historically, many cultures celebrated the abundance of the harvest over several days: a reward for good fortune and hard work. The last season of the year, winter, is the time of dormancy or when plant life ends their life cycle.

The seasons could be considered a microcosm for human life. We are born, we grow, we harvest the fruits of hard work, and knowledge gained, and then activities slow down when the life cycle comes to its end.

There is also a co-dependence of seasons. The crops’ previous season(s) have much influence over the state and quality of the present season. If there is little rain in the spring, there is less growth in the summer and less harvest in the fall and less sustenance for winter.

So, let’s get to the point of what injury prevention has to do with the seasons. In 1992, we discovered that something called cumulative micro-trauma was responsible for the majority of back, shoulder and other sprain/strain injuries. And since then, we have been helping organizations to significantly reduce workers’ comp costs and lost workdays by **teaching employees how to avoid cumulative micro-trauma on and off the job.** We have demonstrably proven that when you reduce cumulative micro-trauma, back and shoulder injuries dramatically reduce.



We all know someone or many “someones” whose lives today have been affected by a back or shoulder or knee injury that occurred in an earlier *season*. It is imperative to be relatively free of pain to get the most out of the potential of living. In our [Backsafe workshops](#) we tell employees that **“we want to help you to feel healthy today, at the end of your week, when you go on vacations and certainly during your days of retirement”**. Yes, we want people to be productive and healthy now and in their later “seasons of life”, when perhaps they have more time to spend with family, friends and to do leisurely activities.

When an organization implements our [Backsafe training](#) it is **an opportunity for windfall savings, increases in production and morale, and opportunities to help employees avoid pain, dangerous pain medications** and provide them the tools to protect their quality of life.

From our staff and North American corps of Backsafe® certified Injury Prevention Specialists, **we wish you an abundant 2023 autumn season and hope to hear from you to help your employees for many seasons to come!**



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.

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