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Happy New Year!



**FUTURE
INDUSTRIAL
TECHNOLOGIES**

**PREVENTING
TOMORROW'S
INJURIES TODAY™**



The Evolution

At this time of year, it's a great opportunity to look back...and look ahead.

FIT was established in 1992 to prevent work related sprain/strain injuries. The **Founder of FIT became aware of the tremendous costs related to back injuries and other sprains/strains** while working for a workers' compensation cost-containment company in the late 1990.



In collaboration with a research team of experts with backgrounds in industrial medicine and ergonomics, **Future Industrial Technologies (FIT) was established in May of 1992**. The result of this research was the first successful injury prevention methodology for ubiquitous backs and other sprain/strain injuries.

The goal was to develop a workplace training curriculum that would result in employees experiencing realizations that would lead to volitional changes in their own physical behaviors.

Three major breakthroughs helped Backsafe® and Sittingsafe® (office ergonomic training) to become the most effective injury prevention programs in North America. These discoveries transcended the sciences of ergonomics, biomechanics, and stretching to include the "secret sauce" on how to get employees to LISTEN, to embrace, and to incorporate what was learned into their activities of daily life, on and off the job.



This **new field was coined Bionomics™**, which loosely translates to "managing the body". However, a successful injury prevention methodology alone does not reduce injuries. Who could be relied on to conduct the Bionomic based injury prevention training to employees across North America?

FIT embarked upon a **12-year effort to find, credential, certify, and apprentice over 600 chiropractors and physical therapists to become the Backsafe and Sittingsafe implementation team.**

2023 is FIT's 31st year in business working with small, medium and enterprise size organizations of all descriptions. It is common for customers to realize a reduction of sprain/strain injuries of 40% or more as well as to enjoy a significant increase in employee morale. Truth be told, it has proven almost easy to prevent back and shoulder workplace claims. The secret sauce has contributed to help hundreds of thousands of employees to avoid painful and even life altering injuries.

During the "Covid years" our in-person training came to a screeching halt. Customers requested a virtual replacement to be developed for their employees to maintain the culturalization of the Backsafe principles. **Little did we realize that providing customized virtual training programs during the Covid years would open doors to customers that were never available to FIT.** There are industries with high turnover, remote and smaller locations where providing the on-site Backsafe training was not possible.



We are **100% back to providing the preferred on-site and in person Backsafe and Sittingsafe training** and getting phenomenal injury prevention results. And we now have a solution for those organizations experiencing sprain/strain injuries at small or remote locations or who are in industries such as retail, restaurants, etc., that may have more fluid employee turnover.

Today we heard from an **aerospace organization that their claims were reduced by 50%**. This means a lot to our company because it means many people were saved from pain and the necessity of powerful pain medications.

We are eager to share our injury prevention "secret sauce" with many more employees in 2024! You are more than welcome to join our ranks of very happy customers!

Happy New Year!



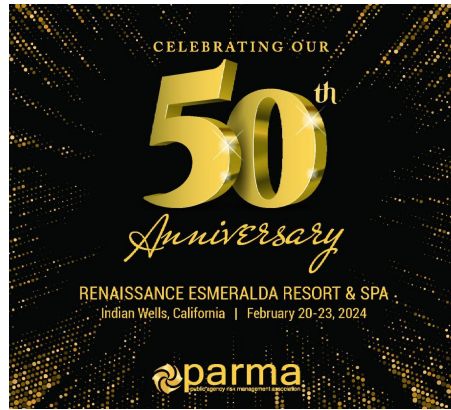
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Prevent Tomorrow's Injuries Today™!

Meet Us in Person in 2024

PARMA 50th Anniversary Event | Feb 20-23

Plan your trip to the 50th anniversary event of PARMA in Indian Wells, California. Plus, don't miss our very own Dennis Downing presenting on keeping employees back safe and healthy.

[Event Info](#)



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[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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