

**Meet Us in Person in 2024 at PARMA Feb 20-23 - Details Below****FUTURE INDUSTRIAL TECHNOLOGIES****PREVENTING TOMORROW'S INJURIES TODAY™****Biomechanics is the Key**

In the vast and varied work environments that exists in our workaday world, from heavy industrial, distribution, police and fire, healthcare, food handling, etc., etc., the importance of good biomechanics cannot be overstated. **Picture this:** workers navigating equipment and bulky materials with the precision of a well-tuned machine. Good biomechanics is the secret sauce that ensures this fluidity, enabling workers to perform their tasks effectively while minimizing the risk of injury.



Without proper biomechanics, it's like trying to assemble a complex machine without reading the instructions. You might manage to put it together, but it's likely to be riddled with errors and malfunctions. Similarly, incorrect lifting techniques or poor posture can lead to strains, sprains, and musculoskeletal injuries that disrupt workflow, increase workers' comp costs and compromise worker safety.

Fortunately, **Backsafe®** has developed simple protocols for good biomechanics, which when implemented with our team of seasoned Injury Prevention Specialists, serve as the foundation upon which the entire industrial operation rests. By using our 3 basic Backsafe Rules, workers can harness their body's mechanics to handle work materials and even heavy loads with ease and precision. It's like aligning the gears of a clock to ensure smooth, uninterrupted movement.



Ultimately, embracing good biomechanics isn't just about ticking off a safety checklist—it's about fostering a culture of well-being and efficiency in the workplace. When workers prioritize proper technique and body mechanics, they're not only safeguarding themselves against injury but also optimizing productivity and performance. Backsafe can help you develop and maintain a safe and productive environment for all job descriptions. **Give us a call at 1-800-775-2225** and let's talk about how we can work together!

Team at Backsafe®
 Future Industrial Technologies, Inc.
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 1-800-775-2225
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.

We hope to see you there!

[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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