



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



The Bionomics™ Revolution

The Bionomics™ Revolution:

transforming work environments experiencing sprain/strain injuries to more profitable wellness culture.

Over three decades ago, we set out on an ambitious journey of research and innovation, leading to the creation of Bionomics™ - the groundbreaking training methodology behind [Backsafe®](#) and [Sittingsafe®](#). Our mission was clear: identify the root causes of common back, shoulder, and other sprain/strain injuries. By training over a million employees, we know that decreasing everyday "micro-traumas" can drastically reduce pain and injuries, resulting in significant cost savings.



Understanding Cumulative Micro-Traumas (CMT):

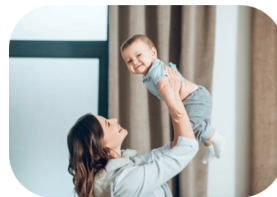
Cumulative micro-traumas (CMT) silently impact our health. Most people are never educated on how to prevent these seemingly minor yet impactful injuries. This lack of awareness keeps us from avoiding everyday discomfort and more severe back and shoulder injuries.

The Power of Simplicity:

The genius of our discovery lies in its simplicity. Once individuals learn the principles of preventing CMT, they can apply them to all areas of life. For example, lifting a 25-pound box or a 25-pound baby puts the same strain on your back. However, reaching just 10 inches to place that load on a shelf or in a crib can increase the pressure on your spine to an astonishing 250 pounds!

Beyond the Workplace:

Backsafe's principles go beyond work - they become a way of life. Employees appreciate our customized, hands-on, Backsafe workshops because they are not only practical but also relevant 24/7, helping them stay safe both at work and at home.



Commitment to Wellness:

Effective training hinges on one key factor - the ability of participants to apply what they've learned and commit to it fully. This is the heart of Bionomics. The real value of injury prevention training lies in how well employees embrace and integrate it into their lives. We discovered the secret sauce by combining the sciences of biomechanics and stretching with the art of how to achieve high levels of employee buy-in.

Join the Wellness Movement:

Ready to cultivate a culture of health and wellness? With our extensive experience across various industries, we are excited to help your employees avoid painful injuries both on and off the job. We provide Backsafe and Bionomic workshops across North America.

Bionomics works! Let's revolutionize your workplace wellness together. Less injury claims means more production and happier employees.

Let's do this! Call me (1-800-775-2225) to discuss.

Thank you!



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Prevent Tomorrow's Injuries Today™!

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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.

For more information contact Dennis Downing at:

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