



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



Learn More About Our eBacksafe® Virtual Workshops! [Click Here](#)

Lucky to Be Injury-Free: The Power of Prevention in Industrial Work

In the fast-paced world of warehousing, distribution, and manufacturing, or any industrial work, every movement counts. But repetitive lifting, reaching, and twisting can add up over time, leading to musculoskeletal disorders and painful cumulative trauma injuries—especially to the back and shoulders. The good news? [Backsafe® Injury prevention training](#), based on proper biomechanics, helps workers stay strong, safe, and productive. After all, when it comes to health, it's better to be lucky and smart!



Back injuries don't happen by chance—they happen by accumulation. Every small, improper lift or awkward reach adds stress to the spine and shoulders. Over time, these micro-traumas can turn into serious injuries, causing lost workdays and costly claims. Backsafe training teaches safe movement techniques so employees can prevent injuries before they start. Simple adjustments—like keeping loads close to the body, avoiding unnecessary twisting, and using proper lifting mechanics—make all the difference.

Just as St. Patrick is said to have driven out the snakes, **Backsafe workshops help drive out bad habits that put workers at risk.** Teaching employees how to recognize risky movements and modify their work techniques ensures that safety isn't just a once-a-year focus, but a daily priority. Plus, when employees understand how to protect their backs and shoulders, they take those lessons home—reducing pain not just on the job, but in everyday life.



This St. Patrick's Day, don't leave safety to luck. Invest in training that empowers your workforce with the knowledge and skills to prevent injuries before they happen. When employees move smarter, they work safer—and that's something worth celebrating all year long!

Call us today at **1-800-775-2225** to learn more.



Dennis Downing

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Prevent Tomorrow's Injuries Today™!

Upcoming Event



PERMA 2025 Annual Member Conference

May 15-16, 2025

Dennis Downing will be presenting at this conference. We hope to see you there!

[Learn More](#)

Now Available!

eBackafe® Virtual Injury Prevention Training Program

We offer live virtual trainings (via Zoom) or on-demand video course modules. And, as is standard with any of our programs, it is customized for your job descriptions.

[Learn More](#)





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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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