



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



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

Spring Chores: A Backsafe® Haiku*

Spring sun warms the earth,
Bend with knees, not with your back

—

Protect your strong core.

Lift mulch with head up,
Load close, exhaling, tightens abs—
Spine stays safe and strong.



Prune and rake with care,
Switch hands often, change your stance—
Prevent muscle strain.

Stretch before and after,
Hamstrings, back, and shoulders too—
Ease tension away.

Smart habits save pain,
Spring's work done without a strain—
[Backsafe®](#) every day.

Email Me



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Prevent Tomorrow's Injuries Today™!

*A Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world.

Online Backsafe Training

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](#)



Upcoming Event



PERMA 2025 Annual Member Conference

May 15-16, 2025

Dennis Downing will be presenting at this conference. See you there!

[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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