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FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



WISHING YOU & YOURS

HAPPY
Holidays



As the year winds down and winter settles in, it's a perfect time to pause, reflect, and appreciate the small movements that make a big difference. Whether you're lifting packages, decorating spaces, or simply navigating a busier season, remember that mindful movement is your greatest tool for staying strong and pain-free.

Backsafe's principles aren't just workplace skills—they're everyday habits that protect your back, shoulders, and overall well-being during one of the most demanding times of the year. A moment of awareness, **KEEPING YOUR HEAD UP, KEEPING THE LOAD CLOSE, and NEVER TWISTING WHEN LIFTING OR SETTING OBJECTS (or babies) DOWN**, can help prevent unwanted life altering injury events

This month, we're grateful for the many teams and individuals who have embraced [Bionomics™](#) and made injury prevention part of their daily lives. Your commitment to healthier movement truly makes this season brighter.

Wishing you a safe, energizing, and restorative December—from all of us at Backsafe®.

[Learn More About Backsafe® Training](#)

Holiday Hours

December 24: Closing at 12:00 PM

December 25–26: Closed

December 29: Office reopens

December 31 (New Year's Eve): Closed

January 1–2: Closed for New Year's

January 5: Office reopens



PARMA 2026

February 24-27, 2026
Monterey, California

Visit our booth at PARMA in February 2026!



WERC Annual Conference

May 17-20, 2026
Jacksonville, FL

Don't miss Dennis's presentation this year at WERC!



This article may be reprinted in its entirety provided that the following resource is left intact:

[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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