



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



Looking to inspire your leadership team or energize an upcoming event? Book Dennis Downing, the co-founder of Bionomics™ and the driving force behind Backsafe® and Sittingsafe®. [Click Here](#)

Kick Off 2026 with Backsafe®

Workplace Injuries, Decisions, and Winning

“Time marches on” as the saying goes. 2026 has commenced. The annual ritual for many of us is to project out what we want to accomplish as far as work promotions or certificates/degrees (be); exercise, or weight loss, well being, vacations (do), and what we may want to own or obtain (cars, homes, etc.) (have). The “be” “do” “haves” for the next 12 months!



I think it is a good time to be reminded of who is actually in charge or control over whether or not these projections end up in a mental dust bin of forgotten dreams or manifest from mere thoughts to becoming desired realities.

Decision

Years ago when I used to conduct motivational meetings, particularly to younger professionals, I would ask “Who here has a goal of being an average person/professional?” Never was a hand raised. You may agree that becoming average at something you dedicate your life to is not a high bar to set. In most cases, all it takes is a firm DECISION to



succeed at something. A decision to be successful at accomplishing a goal or even in life is one of those vital steps to success that often gets overlooked. The truth is if one decides on something with enough intention there aren't barriers big enough to stop one. Think about that—If one wants something or has to have something bad enough, barriers have zero chance. We, each of us, have that much power. Winners in life possess the ability to clearly decide with 100% intention what a projected outcome will be and then gets it done!

Justifications for failures are not even considered by most successful people. They tend to take set-backs as bumps in the road, only to be solved on their trail to attainment.

“Winners win” is one of my favorite sayings. Winners know THEY are in charge of whether they reach their goals. Those that accept losing as an option THINK the environment, fate, others, political parties, weather, mother-in-laws, have control over their fates more than they do. Perhaps they just didn't decide well enough to achieve their goal in the first place.



We at FIT wish all of you ultimate success in health and well being for 2026 and beyond. For over 33 years we have successfully intended for our customers to experience less life-altering back and shoulder injuries to their employees. We have successfully intended significant savings in workers' comp costs and a ton less needless paperwork to fill out due to work related injuries.

Cheers to all of our abilities to decide good things to happen and making them so!

Please [contact us](#) to help you achieve your goals of healthier employees, less workers' comp costs and a heck of a lot less injury related paperwork to fill out!

Curious what a class is like?

Check out these reactions from a recent class

"This class was way better than I expected. I thought we would sit the whole time and not be interactive."

"Great class! Definitely recommend."

"Simple and practical concepts that are easy to apply."

[Learn More About Backsafe® Training](#)



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Prevent Tomorrow's Injuries Today™!



PARMA 2026
February 24-27, 2026
Monterey, California

Visit our booth at PARMA in February 2026!

[Event Info](#)

WERC Annual Conference
May 17-20, 2026
Jacksonville, FL

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

[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.

For more information contact Dennis Downing at:

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