



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



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**Backsafe® Injury
Prevention Training
for Firefighters**

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Keeping Workplace Injury Prevention Simple and Powerful

Workplace injury prevention programs often rely on complex procedures that are difficult to remember under pressure. [Backsafe®](#) takes a different approach. Built around three simple core principles, it gives employees clear, practical training they can apply instantly — even in fast-moving, unpredictable environments. The Backsafe rules are not meant to replace thinking; they are designed to strengthen it. By simplifying back and shoulder injury prevention into easy-to-use concepts, Backsafe helps workers make safer movement decisions without slowing down productivity.



Backsafe's foundation is rooted in understanding cumulative micro-traumas — the small, repeated stresses that quietly overload the body long before a reportable injury occurs. When employees learn how everyday actions, like reaching with a load just a few inches forward while handling a load, can dramatically increase strain, safety stops feeling like a list of rules and becomes practical awareness. Workers begin to recognize risk earlier and adjust naturally, preventing fatigue and injury before they escalate.

For decision makers, this shift has measurable impact. Instead of relying solely on supervision or perfect compliance with detailed procedures, organizations develop a workforce capable of self-correction. This is especially valuable in environments with high turnover, varying tasks, or tight production timelines. Employees equipped with clear principles and a deeper understanding of Bionomics™ can adapt to new challenges, maintaining consistency even when conditions change.



[Backsafe's Bionomics™](#) methodology demonstrates that lasting injury prevention comes from empowering people to think differently about how they move. The goal is not to create rule-followers — it is to build confident decision-makers who understand the “why” behind safer movement. The result is a stronger safety culture, significant reductions in workers' comp costs, improved efficiency, and a workforce that carries injury-prevention skills beyond the workplace into everyday life.

[**Learn More About Backsafe® Training**](#)

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](#)



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Prevent Tomorrow's Injuries Today™!

March 24, 2026

Anaheim, CA

Visit our booth at this year's event.

[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.

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