



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



Get the Insights
Injury Prevention Training for Industrial Workers

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Backsafe® Cracked the Code on Injury Prevention Training

Operation Managers rely on predictability as a hallmark for production. Forecasting and achieving production outcomes depend on processes working without interruptions or hitches. Yet one of the most persistent and costly disruptions—workplace injuries—continues to undermine even the best-run operations.

In 2022 alone, there were 108 million lost workdays due to work-related injuries.

Back and shoulder injuries remain among the most frequent—and most expensive—costing over \$40,000 per incident on average.



For many organizations, injury prevention training has historically underperformed. Over time, some leaders have understandably deprioritized it due to lack of measurable results.

But that raises an important question:

If we can train a 12-year-old gymnast to execute a backflip on a 4-inch beam... why has it been so difficult to train employees to safely lift, reach, and move?

That's the question we set out to solve over 30 years ago.

Why Traditional Training Fails—and What Actually Works

When we asked organizations why injury prevention training wasn't working, the most common response was:

“Employees don't listen.”

We discovered the issue isn't poor hearing—it's engagement and perceived relevance.

Backsafe® training is built on one core principle: Behavior only changes when employees experience a personal realization in the training.

When employees understand how and why these techniques directly benefit THEM—not just the company—they listen, they apply, and they sustain the change.

What That Looks Like in the Real World

The following are examples of comments that we see everyday from Backsafe trained employees:

“This training is needed every year! Our Backsafe trainer is excellent.”

“This class is very useful. I'm glad I had it. I'm going to use better technique in the future.”

“Worth every minute!”

“The stretches were heavenly, I feel young again.”

“Still using the skills our Backsafe trainer taught me last year. Reminded of techniques I need to work on.”



“Great training. I especially appreciate the suggestions given to me for my specific knee problem.”

These aren't just positive comments—they are indicators of behavioral adoption.

And when physical behavior changes:

- Injuries decrease
- Lost time declines
- Productivity stabilizes
- Morale improves



Why Operations Leaders Win With Backsafe

- Less paperwork!
- Reduces disruptions to production flow
- Protects labor availability and uptime
- Delivers measurable ROI—often within months
- Scales across all labor-intensive roles and environments
- Customized, in-person training aligned to real job tasks
- Drives lasting behavioral change—not just awareness
- Taught exclusively by licensed physical therapists or credentialed chiropractors

A Smarter Approach to Operational Reliability

Injury prevention isn't just a safety initiative—it's an operations strategy.

A healthier workforce will:

- Stay on the job
- Perform more consistently
- Require fewer replacements and overtime
- Contribute to a stronger, more reliable operation

We would welcome the opportunity to partner with you to reduce disruptions, improve workforce performance, and protect your bottom line.

Call 1-800-775-2225 or [email us](#) to schedule a brief conversation.

Learn More About Backsafe® Training



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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Prevent 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](#)



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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