



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



HOW ONE **SIMPLE CHANGE** IN TRAINING

HELPED COMPANIES
DRAMATICALLY REDUCE
WORKPLACE INJURIES



A major airline reduced back and neck injuries by **63%**.

A national beverage distributor cut lost workdays by **more than 50%**.

A transportation company recovered approximately **17,000 lost workdays every year**.

A hospital system reduced injury-related costs by **\$3.2 million annually**.

These aren't isolated success stories.

Two 2-hour workshops. More than one million employees trained. Thirty years of measurable results.



These aren't isolated success stories. They're the measurable results of a different approach to workplace injury prevention.

For more than 30 years, [Backsafe®](#) has helped organizations across North America reduce workers' compensation costs, recover lost productivity, and prevent the sprain and strain injuries that often account for the majority of workers' compensation costs. The question is...

Why have these organizations succeeded when so many traditional injury prevention programs struggle to produce lasting results?

TRAINING OPPORTUNITY

Two [2-hour workshops](#). More than **one million employees trained**. Thirty years of measurable results.

It Started with One Frustrated Operations Manager

Years ago, while working for a workers' compensation managed care company, I met with the Operations Manager of a large grocery distribution center.

His operation had a serious problem. More than **60% of his workers' compensation costs** came from one group of employees—order pickers.

When I asked why, his answer came without hesitation.

"They just won't listen. We've shown them how to lift correctly over and over again."

That conversation changed everything.

It became clear that the problem wasn't a lack of training. It was a lack of employee buy-in.



Information Doesn't Change Habits

For decades, injury prevention has focused primarily only on biomechanics:

- Proper lifting techniques
- Body mechanics
- Stretching
- Ergonomics

Those are vitally important however only half of the solution.

If simply providing information prevented injuries, organizations wouldn't continue spending millions every year on sprain and strain claims.

Employees already know they're supposed to lift correctly.

Yet people still get hurt doing jobs they've performed thousands of times before.

So what was missing?

The Missing Ingredient: Buy-In

Backsafe® was built around a simple observation: People don't change physical habits because they're told to.

They change when something helps them truly understand **why** injuries occur and why changing the way they move benefits them personally. **Realizations** lead the way to buying in to changing physical behaviors on and off the job.

Our workshops are designed to create those "Aha!" moments—the point where employees stop seeing injury prevention as another company initiative and start viewing it as something that protects their own bodies, careers, and families. Once that happens, something remarkable follows.

Employees begin choosing safer work habits because they want to—not because someone is watching.

That difference changes everything.

Winning Over the Toughest Audience

Let's be honest.

Few employees walk into mandatory safety or injury prevention training excited to be there. Like NEVER.

Most expect to be bored stiff by another lecture they've heard before.

Many sit in the back with folded arms, convinced the next two hours will be wasted.

We also watch those same employees leave saying it was the most valuable training they've ever attended. And want more.

Why?

Because the workshops aren't built just around rules.

It's built around helping employees make discoveries about protecting their own bodies that they remember and apply what they learned to their lives, long after the class is over.

Thirty Years of Results



Since that first conversation with the grocery operations manager, Backsafe® has trained more than **one million employees** across North America.

Organizations across distribution, transportation, manufacturing, utilities, schools, universities, governments, healthcare, airlines, and many other industries have used the program to reduce injuries, lower workers' compensation costs, and recover thousands of lost workdays.

The lesson has remained remarkably consistent:

When employees genuinely buy into injury prevention, workplace cultures change, and injuries decline.

Could Your Organization Benefit?

If back, shoulder, and other sprain and strain injuries continue to consume a large portion of your workers' compensation costs, the answer may not be more training. It may be different training.

Training that doesn't only teach techniques—but changes the way employees think about protecting themselves.

If you're looking for measurable reductions in injuries, lost workdays, and workers' compensation costs, we'd welcome the opportunity to show you how [Backsafe®](#) has helped organizations achieve exactly that.

Call us today to discuss how we can make a significant difference in *your* workers' comp costs.



Dennis Downing

Future Industrial Technologies, Inc.

dennis@backsafe.com

1-800-775-2225

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Book Dennis Downing, the co-founder of Bionomics™ and the driving force behind
Backsafe® and Sittingsafe®. [Click Here](#)



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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:

Future Industrial Technologies, Inc. 5951 Encina Road, Suite 201 | Goleta, CA 93117

Tel (800) 775-2225 | Fax (805) 967-2487 Email: info@backsafe.com | Website: <http://www.backsafe.com>

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Future Industrial Technologies, Inc. | 5951 Encina Road Suite 201 | Goleta, CA 93117 US

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