



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING
TOMORROW'S
INJURIES TODAY™



Musculoskeletal Injuries Found to be Responsible for the Majority of Workers' Compensation Costs

The Challenge

A university sought to reduce the frequency and severity of musculoskeletal (MSD) injuries among employees in its Grounds Maintenance, Operations, and Custodial Services departments. These employees routinely perform physically demanding work involving lifting, carrying, pushing, pulling, digging, and material handling—activities that place them at increased risk for sprain and strain injuries.

An analysis of the university's 2023 workers' compensation data revealed that **75% of total workers' compensation claim costs were attributable to musculoskeletal (ergonomic) injuries**. This represented the organization's single greatest opportunity to reduce workers' compensation expenses, recover lost productivity, and improve operational performance.

Strategic Response

To address its largest workers' compensation cost driver, the university partnered with Future Industrial Technologies (FIT) to implement the **Backsafe® Injury Prevention**

Program across its Grounds Maintenance and Operations, Trades, and Custodial departments.

Over a three-year period (2023–2025), FIT's Certified Injury Prevention Specialists delivered hands-on, job-specific 2-hour workshops focused on safer body mechanics, stretching and practical injury prevention techniques that employees could immediately apply during their daily work activities.

Measurable Results

Following implementation of the Backsafe® program, workers' compensation data supplied by the agency's third-party claims administrator was analyzed to evaluate changes in musculoskeletal injury trends.

The results demonstrated substantial reductions in the injuries responsible for the majority of the university's workers' compensation costs.

Claims Data Evaluated	2023	2024	2025	2023-2025 Average % Reduction
 MSD/Ergo Claims Cost	\$284,685.65	\$58,924.02	\$64,926.57	-78% ↓
 MSD/Ergo Lost Workdays	794	251	300	-65% ↓

**Results described in this case study are based on workers' compensation data provided by the organization's third-party claims administrator. Individual results may vary depending on workforce, implementation, and organizational factors.*

Measured Outcomes

- **65% average reduction** in musculoskeletal/ergonomic injury claims
- **78% average reduction** in musculoskeletal injury claim costs
- **65% average reduction** in musculoskeletal injury lost workdays

Business Impact

By targeting the injuries responsible for **75% of workers' compensation claim costs**, the university realized significant operational and financial improvements.

Over the 3-year period, the organization realized:

- Approximately **\$223,000 in average annual reductions** in musculoskeletal workers' compensation claim costs.
- An average of **519 productive workdays recovered each year** through reduced injury-related lost time.

- Significant decreases in both injury frequency and injury severity.
- Reduced operational disruption caused by employee injuries and lost-time claims.

Why It Worked

Traditional injury prevention programs often emphasize rules and compliance; however, they miss the key difference maker between a successful initiative and a failed one.

Backsafe® is built on a training philosophy that goes beyond only teaching proper lifting techniques. While many injury prevention programs focus solely on the science behind musculoskeletal injuries, Backsafe also addresses the critical element that drives lasting results. Backsafe training connects the science of how injuries occur to attendees personally, resulting in elusive “Ah-ha!” moments. These realizations are the catalyst that employees need to make the decision to use the Backsafe principles at work and in their lives -- the holy grail of any employee training initiative.

Conclusion

This case study demonstrates that organizations can achieve meaningful reductions in workers' compensation costs by targeting the injuries that drive the greatest financial impact.

By targeting musculoskeletal injuries, frequently the most costly workplace injuries, organizations can experience significant, if not windfall, savings on workers' comp costs and significant increase in employee output due to recovered productive workdays.

What Would a Reduction in Injuries and Injury Severity Mean for Your Organization?

Contact us today to discover how FIT can help reduce workplace injuries and enhance productivity through our Backsafe® and Sittingsafe® workshops.

[Schedule a discovery call](#) today to discuss your organization's challenges and see whether a customized Backsafe program may be a fit for your team.



Dennis Downing

Future Industrial Technologies, Inc.

dennis@backsafe.com

1-800-775-2225

Prevent Tomorrow's Injuries Today™!

www.backsafe.com

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.

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>

© 2025 Future Industrial Technologies | [Backsafe®](#) | [Sittingsafe®](#)

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!