



## Backsafe® Injury Prevention Program

**Backsafe** is an Injury Prevention Program that addresses workplace and at home sprain/strain injuries. It is designed to change physical behavior for any industrial job description. On-site job specific workshops are designed to prevent cumulative micro-trauma, which is the source of most back, shoulder and other musculoskeletal disorders.

Our history of success is based on a unique training methodology called Bionomics™ that was created to help employees to buy-in to changing their physical behavior for their own well-being. All of FIT's customized workshops include hands-on practical training based on the employee's personal job tasks.

Bionomics (Bio = body + Nomics = manage) is a field that combines the teaching of body mechanics, posture, and stretching. Employees learn how to prevent physical stress by understanding natural positions that the body prefers. By combining simple vocational based stretches employees relieve their muscles of accumulated micro-trauma that otherwise could lead to cumulative trauma injuries.

The components of our workshop include:

1. **Job Site Analysis/Pre-Assessment** – Thorough on-site observation, interviews, and surveys with employees as well as management help us fully comprehend what needs to be included in the Backsafe workshops for each major job description.
2. **Design and customization of workshop** – Based on our pre-assessment, we design job specific workshops for small groups of 15 to 20 people.
3. **Introduction** – Employees come to understand the Backsafe personal health benefits and become motivated to learn how they can be more responsible for their wellness.
4. **The Theory Module** - Via our certified Injury Prevention Specialists, who are all healthcare providers, employees learn the principles of how to properly use their bodies while at work and at home.
5. **The 3-minute workout** - Each employee is taught how to perform a non-strenuous stretching routine before each shift and throughout the day, thereby preparing the body for work and relieving existing micro-trauma. These stretches are critical in helping the employees to be able to control their own physical comfort on and off the job.
6. **Obstacle Course Participation** - This with our stretches is a main focus of our program and is where bad habits are broken and replaced with healthier ones. Theory concepts are practiced in real life situations that are customized for each job description.
7. **Questions and answers** – Opportunity for employees to clarify and assimilate the information they have just received.
8. **Quality Control** – Course Evaluations are completed to ensure each employee experienced the benefits of the program.
9. **Commitment** – Employees review what they learned and commit to start using this information daily and to willingly participate in the stretching program.

Each workshop takes approximately two hours for up to a maximum of twenty people at a time and a minimum of fifteen.

Our purpose is to teach your employees brand new information that will put them much more in charge of their well-being, on and off the job. Employees that apply the Backsafe principles in life get injured less and companies experience significant workers' comp reductions. We look forward to being a valuable partner and to help you to protect the long-term health of your employees.