



## Who Is FIT?

Future Industrial Technologies (FIT) is the largest workplace injury prevention company in North America, with certified Injury Prevention Specialists in the U.S. and Canada. We help organizations stop costly back injuries and other sprain/strains before they happen.



## How Do We Prevent Sprain/Strains?

Bionomics™ is a new discovery in the field of injury prevention that uses a wellness approach to cutting workers' comp costs. It combines biomechanics, ergonomics, stretching, and the behavioral sciences to help employees change their physical behavior **on** and **off** the job. Bionomics has solved the age-old problem of employee buy-in. It is now easy to reduce costly injuries because employees become part of the solution, not the problem.

## What Type Of Employers Do You Work With?

We have trained over 1,000,000 employees in an astonishingly wide array of industry sectors: Law Enforcement, Fire Fighters, Public Works, manufacturing, warehousing, trucking, hospitals, long term care, food service, grocery, universities,

schools, wine industry, financial offices, trades, bus transportation, construction, utilities, maintenance, mechanics, oil and gas, airlines, and office workers!

We have two bionomic-based programs that are specifically customized for each company and department:

### Backsafe®

Backsafe is a program that prevents back, shoulder, neck, and upper extremity injuries and is customized for any job description (except office workers—see Sittingsafe®). These practical workshops are conducted on location and are designed to change employees' physical behavior.

### Obstacle Course

A key breakthrough in getting employees to use the Backsafe "Code of Conduct" during their workday and at home was the discovery that in order to learn a physical skill, one has to do it, not just hear about it. Job task specific practical modules are designed to help employees learn how it feels to do their jobs correctly.

### Work-Related Stretching

The proper biomechanical technique learned in the proprietary obstacle courses reduces the amount of "micro-trauma" your employees will experience. The Backsafe 3-Minute Workout relieves accumulated physical stress caused by repetitive activities, sustained and awkward postures, and from normal activities of daily living. Simple yet extremely powerful stretches help relieve fatigued muscles and prevent major injury events.

### Sittingsafe® Office Ergonomic Program

Sittingsafe uses the bionomic-based philosophy that one must do a physical skill to truly learn it. This practical workshop teaches employees for the first time in their lives how to ergonomically adjust any workstation for their specific needs. Employees usually don't need additional or fancy ergonomic equipment or furniture. In many instances they mainly need to know how to correctly utilize what they have already.

Employees gladly discover the true sources of their fatigue, discomfort, and pain and learn how to immediately alleviate it.

## Practical Module

Employees learn how to adjust their chairs, desks, keyboards, mice, monitors, etc., via the Sittingsafe practical module. They become more in-charge of how they feel at the end of the day versus being a victim to day-to-day computer tasks.

## Sittingsafe Stretching

Once employees learn how to adapt workstations for their specific needs, they learn how to rid their bodies of fatigue and discomfort via the specialized Sittingsafe 3-Minute Workout for people that predominantly sit for a living. The Sittingsafe stretches alone can be life changing!

## On-Site or Telephonic Office Ergonomic Evaluations

FIT can provide you with one-on-one ergonomic evaluations, or if we don't have local representation, we offer a very effective telephonic option. Whether it's an existing claim and ordered by a doctor or simply an employee complaining of discomfort, FIT will assess, help the employee, and originate a professional report of findings with our ergonomic recommendations. We will correct what is causing the discomfort, pain, or injury and prevent that large workers' comp claim waiting to happen.

## Maintain and Reinforce for Cultural Change

FIT will help your organization to incorporate the Backsafe and/or Sittingsafe principles into your daily culture for short and long term benefits. Money spent and time lost on sprain/strain injuries will steeply decrease and stay that way.

## Benefits of Backsafe and Sittingsafe Programs

The end result of both FIT Injury Prevention Programs is a dramatic reduction in workers' comp incurred costs and lost work time. Moreover, you will be very pleased when your employees thank you for providing this life changing training.

## Who Does The Training?

FIT has Injury Prevention Specialists throughout the US and Canada. FIT's trainers are certified by FIT and have been implementing Backsafe and Sittingsafe for many years. Our trainers are either physical therapists or doctors of Chiropractic and experts at preventing musculoskeletal injuries.

## eBacksafe® and eSittingsafe® - virtual training

The hallmark of the in-person Backsafe and Sittingsafe trainings is the high degree of employee buy-in and, as a result, the willingness of employees to apply the principles when working and at home. We have adapted key aspects of these on-site workshops and incorporated them into our eBacksafe and eSittingsafe online trainings. In-person training is always the best but if circumstances don't allow for it, the eBacksafe and eSittingsafe are the next best thing.

## How Valuable Is Our Service?

What would it mean to a company's profitability and production if sprain/strain injuries were reduced by 30%-60% or more? What would it mean to employees and their families to never have that life-altering injury? We keep employees on the job and producing so the company and employees benefit.

## Why Should You Get Started Now?

One back claim can cost well over \$100,000. Nowhere in our society are we truly taught how to use our bodies correctly while on the job or at home. Most back claims are an accumulation of micro-traumas due to improper use of our bodies. The longer you wait the more you will spend on costly and needless injuries.

## How Do I Get Started?

Call 1-800-775-2225 now or email us at [info@backsafe.com](mailto:info@backsafe.com) and ask to set up a brief introductory phone call to learn more about how you can stop painful and life-altering employee injuries.



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