

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY

Creator Cancels Recall Of All Spines

News Flash - Due to the inordinate number of back injuries over the last three decades I began to wonder if my design of the spine was incorrect.

There have been many reports of defective backs, much more so than other parts of the musculoskeletal system. Moreover, these breakdowns cause overwhelming pain, high medical costs, days away from work, and in some cases, complete immobility.

Considering the body conducts millions of precise functions perfectly every minute of every day and that the human body lives for over seventy years, I could not understand how I could have made a glaring mechanical oversight.

I decided to inspect the situation more closely. I am happy to report, your complete confidence in my "creative" abilities may continue.

I have discovered the cause of human back injuries. You see I have put most body functions on automatic circuits to make it easy for you. You do not have to worry about breathing, digesting, circulating blood, or even blinking. Thinking takes a small respite at times with some, but for the most part even that happens automatically. However, the back, well that works a little differently.

You see, like any mechanical device there is a right way and a wrong way to use it. After looking at a couple of billion people (simultaneously) I noticed something truly amazing. It struck me that you never received a user's manual. Very few people were using their bodies correctly. I saw kids lifting these backpacks incorrectly, mothers lifting babies wrong, people sitting in offices using computers in ways that could even give me a headache, and hardworking employees handling materials at work incorrectly.

Did you know that this lack of basic knowledge of how to use your bodies is causing an accumulation of innocent stresses? That these stresses over time can make you tired, uncomfortable, cause pain, and if they continue, could lead to a major injury?

I was so pleased to discover this simple solution. To think I was about to unnecessarily replace all spines. They are designed and built perfectly as they are for your needs. You now need to respect it a bit more and just learn how to use it while performing activities of your daily life.

* The spine has three curves that contribute to strength and stability. When you do not maintain these curves when lifting or sitting, it causes unnecessary stress on your back.
So pointer number 1 is:

Keep your head level when lifting to maintain your spine's three curves.

* The top of the spine, the neck area, is designed to allow twisting so that you can rotate your head to see. Your mid-back has less range of motion. Providing strength and stability, your low back does not like twisting very much at all. Pointer number two is:

Do not twist when lifting or when seated.

* Pointer number three has to do with gravity. As you know, gravity helps keep things like trees, cars, toupees, etc. from floating away but also creates force. When lifting, keep the object as close to your body as possible. This makes the load appear much lighter to your spine:

Keep the load close to your body when lifting or carrying.

I hope this information is helpful. As you know I will help those that are willing to help themselves. So, start using these tips right away and live your life to the fullest.

Your Creator

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