



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



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Time to Reboot Life and Production

STOP! STOP! DON'T! DON'T! CAN'T! CAN'T!

These words pretty much describe life on planet Earth over the last year or so. Every man, woman and child's life was affected by the worldwide pandemic to some degree or another.

This newsletter is written to **help REBOOT, REBOUND, RE-PURPOSE our lives after all these months.**

The virus can be summed up as a catastrophic event. Or to put it in other terms—a far reaching suppression of people's goals to thrive and live successfully.

Stop work, stop interacting, stop going to school, stop being social humans. Don't go out, don't visit family, don't live a normal life. Can't trust who may or may not be a virus carrier, can't go to a concert, can't play sports, can't be within 6 feet of a fellow human, etc.

There have been lots of “can'ts, don'ts, and stops”.

Humans are an interesting species. We survive by overcoming challenges put forth by our environment. AND we are great at it! We can only put life on hold for so long.

It was brought to my attention long ago that to succeed well, one has to put a majority of attention on the positive goals and purposes, versus a majority of attention on the barriers to these goals. In other words, **don't fixate on distractions while reaching for the goal.**



For many of us, **it is time to re-set goals, re-establish purpose, re-boot the thrust towards success and enjoyment for family, co-workers, and associates—to rekindle those things which make our lives worthwhile**, yes to get back to showing life who's boss versus the other way around.

There is **only one thing between receiving or giving a butt kick, and that is a decision.** A decision to prosper despite what is thrown at us.

In the arena of workers' comp costs and employee injuries, FIT has been helping US and Canadian organizations to do that exact thing for 29 years. [Backsafe®](#) and [Sittingsafe®](#) are sprain/strain injury prevention programs that prevent very expensive claims and lost workdays. These workshops teach employees how they can be in charge of never having to experience a life altering back or shoulder injury. While our partner clients focus on production goals, we eliminate the workers' comp and lost time distractions to keep employees healthy and organizations more profitable.

FIT wants our customers to prosper! Moreover, I for one, think that after a year of our lives being disrupted and quashed, it would serve people well to *right now* DECIDE to PROSPER despite it all. Life is like a huge department store. You can get anything out of it you want. Why not decide to get the fun, success, and prosperity?

We are ready when you are to train your employees—on-site and in person...to give them the personal instruction and coaching that they deserve, to make a positive impact on their health, lives and your work culture.

That is our purpose and with that we can help you to achieve your workers' comp, morale and employee retention goals!

It's time! [Contact us today!](#)

How Backsafe® helped Joseph reclaim his quality of life:



[Watch Now](#)



Backsafe® & Sittingsafe®

Live On-Site Workshops are AVAILABLE NOW!

We are scheduling and delivering **IN-PERSON Backsafe & Sittingsafe workshops!**

Contact us today to discuss what options suit your current needs and let's get busy preventing injuries! Call **1-800-775-2225** or [email us!](mailto:info@backsafe.com)



Prevent tomorrow's injuries today!™
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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.

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