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PREVENTING TOMORROW'S INJURIES TODAY™

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Management Goals & Workers' Comp

At the beginning of every new year many of us evaluate what we had accomplished the previous year and set new goals for the next twelve months.

On the top of most lists of resolutions is personal "health." We all realize that "pain," "lack of energy," "worry," "sickness" are significant barriers to happy living. In fact, when any of these maladies are present, THEY become the primary target of our attention and dilute focus on our other goals.

When we set goals, we are in essence deciding things will happen or not happen or result in a desired fashion. We are putting into practice a form of "cause and effect." In life one is either being the "effect" of something or is being "cause" over that something. Goals set forth the intention of being cause over something. For example: goal = lose ten pounds. One is deciding that their body is no longer going to dictate to them to this degree, that they will manage their diet, exercise etc., enough to lose ten pounds. This is a simple example of asserting one's ability to be cause over how they feel and look versus being the effect of their body.



The best managers/executives are very good at being cause versus the effect of things. They get things done despite barriers that may arise to stop them. This urge to be cause and not the effect is shared by all living things. The roots that bulge the sidewalk is an example of the tree not wanting to be the effect (dying!) of that sidewalk.

Resolutions that we make become reality based on how much we decide to be cause over them. It feels wonderful to accomplish goals especially if the barriers are formidable. I feel great when I lose weight, partly because I feel healthier but partly because I decided and made my decision become a reality. That mechanism is very powerful.

OK, what does this have to do with management and workers' comp costs?

In order for managers to attain their goals they must also rely on employees under their charge to attain their daily, weekly, and monthly production goals.

One of the biggest barriers to attaining management goals, as alluded to above, is employees who are in pain or are injured. The star pitcher can't win that final game of the World Series with a sore shoulder no matter how well he is managed. That important report that needs to be done by Friday can be in jeopardy if the admin person preparing it has a bad headache.

Some of the most painful and life-altering injuries are musculoskeletal injuries like back and shoulder injuries. Our work and personal goals can be diminished to the simple goal of just trying to get a good night sleep.

Did you know that up until a few years ago, it was common for management to think there was no way that they could cause back injuries to stop happening? The overlying mindset of management was "nothing could be done to prevent back injuries"! Thus all of industry and workers' comp were being the EFFECT of employees experiencing painful, costly and lost-time back and shoulder claims.

This is no longer the case. Scores of organizations have had windfall profits due to discovering how to prevent sprain/strain injuries. It is a no-brainer. Stopping claims from happening is the solution to the crazy workers' comp system fraught with vested interests fighting for their piece of the workers' comp claim pie.

When your employees are free from discomfort and pain their attention stays on their work and personal goals. They are more productive and are generally happier. Organizations spend far less on workers' comp costs and lost work days, and management's bonus is larger.

[A body that is healthy and free of pain is necessary for us to achieve many of our personal and professional goals.](#)

In the manager's case, the achievement of their goals relies on their own health and the health of their employees.

The FIT Backsafe® and Sittingsafe® programs prevent life-altering injuries to employees and managers. We have the statistics to prove that injuries decrease dramatically. The way employees buy-in to our injury prevention techniques is often met with management shaking heads in disbelief. It's a really fun process.

Call us regarding our employee and management injury prevention programs. What do you have to lose?



Prevent tomorrow's injuries today!™
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