

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

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The Opioid Epidemic & Workplace Injury Prevention

According to [Consumer Reports](#) over 50% of Americans are taking prescription medication in this country. Pharmaceuticals are a \$450 billion industry. Medications do a lot of good for so many people, but most of us would agree that we are an over-prescribed nation. This is no more evident than with the national opioid epidemic. The US Centers for Disease Control and Prevention state that **91 people die every day from opioid overdose.**

This epidemic is a tragedy for so many people and their families. The stories are heart breaking, but not surprising. When a drug can mask pain with a false sensation of well-being, no wonder it is highly addictive.



The opioid crisis is costing US companies over \$500 billion per year in absenteeism and lost production according to [marketwatch.com](#).

What can employers do to counter this cultural pharmaceutical trend? Pain is the enemy of us all. I recently asked an audience at a National Safety Conference “Who here is experiencing pain or discomfort on any part of your body?” Almost 100% raised their hands. I asked “Why are you putting up with it?” I got an expected silence because most people inexplicably just live with it.

Why is that? Why do we allow discomfort and pain to settle in on our bodies to affect our quality of life? Why do we let stiff muscles and joints insidiously restrict range of motion over time and make us feel old?

We falsely assign this accumulation of “micro-trauma” to aging!

FIT discovered during our initial research 25 years ago, one of society’s biggest oversights. We live on a planet with a gravitational field that pulls everything to its very core center. We live in this gravitational pull 24/7 and we live with complete ignorance of how to properly use our bodies while conducting normal everyday activities of living. We sit, lift, sleep, push, pull

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entirely devoid of understanding the insidious repercussions of violating biomechanical laws that when obeyed prevent fatigue, discomfort, pain and musculoskeletal injury.

80% of our population will suffer from a back incident in their lifetime.

And like the audience at the above mentioned conference, most adults live with unnecessary discomfort because we don't know how to prevent it or when we get it, how to get rid of it. Society has trained us to put up with life altering discomfort and then when it becomes too painful, to seek relief via a pharmaceutical pain killer!

After training over 1 million people, FIT has good news! We can all feel better and be more in charge of our own health with just a little training. Something can be done about back, shoulder and other sprain/strain injuries and discomfort. The cause is not aging! The cause of back, neck, shoulder, wrist, discomfort is micro-trauma and [Backsafe®](#) and [Sittingsafe®](#) teaches how to prevent it!

Micro-trauma can be prevented by:

1. Knowing a few simple laws of biomechanics applied to activities of daily living.
2. Practicing a series of easy yet powerful stretches to get rid of pain and discomfort.

FIT's Backsafe® training puts employees in charge of how they feel. Backsafe teaches employees for the first time in their lives how they can work and live in ways that prevent the very micro-trauma that is affecting lives every day.

We can be in charge of how we feel. We are not victims to some unknown reason that causes back, shoulder and other sprain/strain injuries. There is a simple and known cause and Backsafe (Sittingsafe® for office workers) teaches the solution.



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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