

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

New! Sittingsafe® Online Ergonomic Class for Office and Home-Based Workers

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PREVENTING SPRAIN/STRAIN INJURIES DESPITE COVID

There are 3 conditions of time: past, present and future. We reside in the present with a rearview of the past while imagining and planning our future.

2020 is now in the past and most will agree, THANK GOODNESS! It is a good time to remember that the most important times are the present and the future. Our plans, decisions, imaginations of today determine our tomorrows.

It is that time of year to set out our mental canvas to create what we want for ourselves, family, and other interests in 2021.

At the top of most of our wish lists for 2021 and for all the years after will be “health”. Fortune or fame means little unless they are accompanied by health and well-being. And it is important to remember that we can have a significant say over our health. Our bodies require the proper fuel (healthy foods) and adequate exercise to function properly. Personally, I enjoy the feelings of well-being that a *healthy* body provides over the pain and discomfort of an *unhealthy* body.

FIT has been in the business of helping people to discover how to prevent life altering pain caused by back and other sprain/strain injuries since 1992. Over 1 million people have learned how easy it is to gain control over today’s aches and pains, and how to prevent tomorrow’s injuries. A bonus to these personal triumphs over injury, is the employers’ reward: considerable workers’ comp savings and increased production.

We at FIT have done our own planning for 2021. The world events have required that we get clever by adapting our in-person hands-on [Backsafe®](#) and [Sittingsafe®](#) workshops to [customized on-line versions](#).



Yes, I said *customized!* Our discoveries into how to get people to buy-in to changing physical habits to prevent discomfort, pain and injury have successfully been incorporated into our on-line training. A key to that buy-in phenomenon is of course, presenting exact techniques that apply to them personally for their jobs.

If you've used our Injury Prevention services before, you know how effective our training is. If you haven't tried us out, rest assured we know how to reduce workers' comp costs attributable to back, shoulder and other ergonomic injuries. You can be confident that our experience translates seamlessly across video platforms. Call us to discuss our *LIVE CUSTOMIZED ON-LINE WORKSHOP* presentations or our *CUSTOMIZED PRE-RECORDED VIDEO* options.

2021 is here. Let's make it a great one!



PARMA 2021 | FEB 3-5

Register to attend PARMA 2021. This year will be all virtual, but you'll still be able to [catch our presentation](#) by Dennis Downing during the event.

[Register to Attend](#)



Sittingsafe® Online Ergonomic Class for Office and Home-Based Workers

Prevent and solve computer related aches and pains. Make a difference in your life and the lives of all of your employees, try this course today!

[Learn More](#)



If you have any questions, please call us at **(800) 775-2225**.

"First time through this session and I thought it was very helpful and practical!
Something to be excited about."

- From a team member at a major manufacturing company



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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