



# FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



## The Best Way to Continue Enjoying Your Favorite Summer Activities

As summer rolls in, we're all eager to dive into activities like **gardening, sports, and outdoor projects**. These pursuits bring joy and rejuvenation, but it's crucial to **keep in mind the risk of Cumulative Micro-Trauma Injuries (CMTs) to backs, shoulders, knees, etc.** These injuries, caused by repetitive motions and overuse of certain muscle groups while using incorrect techniques, can quickly turn summer fun into a season of discomfort. **By taking a few preventive measures, we can enjoy all our favorite activities without the worry of pain.**



Think about Emily, an enthusiastic gardener who loves spending her summer days tending to her plants. **Last year, she developed severe wrist pain from hours of weeding and pruning**, ultimately being diagnosed with tendonitis. This year, Emily decided to switch things up: she uses ergonomic gardening tools, takes frequent breaks, properly stretches tired muscles, and rotates tasks to avoid overworking any single part of her body. These small changes have made a big difference, allowing her to enjoy her garden without the painful setbacks she experienced before. If you're into gardening like Emily, consider these simple adjustments to keep your green thumb pain-free!

Summer jobs can also pose a risk for cumulative trauma pain and discomfort, as illustrated by Alex, a college student working as a lifeguard. **The repetitive motions of climbing in and out of the pool, lifting pool related equipment with poor technique and constantly looking downward scanning the water from his elevated chair, put a strain on his shoulders and neck.** To prevent injuries, Alex now includes a stretching routine before and after his shifts, practices proper lifting techniques even when handling small and light items, and pays attention to his posture while on duty. These adjustments have helped him stay comfortable and injury-free, ensuring he can enjoy his summer job and the season's activities. If you have a summer job that involves repetitive tasks, why not follow Alex's example and make stretching a part of your daily routine?

Sports enthusiasts are not exempt from the risks of CMTs either. Take Lisa, a dedicated **tennis player who experienced elbow pain after intensifying her practice sessions last summer.** Learning from this, she now prioritizes proper warm-ups and cool-downs, and focuses on perfecting her technique to minimize strain. As a result, Lisa has managed to stay injury-free and even improved her performance on the court, showing that a little preventive care

goes a long way. If you love playing sports, consider incorporating these preventive steps to keep enjoying your game without the pain.

Work-related CMTs are another important area to consider, especially for those spending long hours doing repetitive tasks. FIT's proven injury prevention training—[Backsafe®](#) and [Sittingsafe®](#)—is customized for jobs of all descriptions and can significantly reduce painful injuries, both on the job, and at home. After 32+ years of providing training for organizations across the US and Canada, we have incredible statistics and anecdotal evidence that demonstrates how very effective injury prevention can be in reducing worker's comp costs while increasing employee morale and production.



**By being mindful of the risks and taking preventive measures, we can protect ourselves from CMTs and make the most of the summer season.** Whether it's through the famous Backsafe 3-Rules, or incorporating stretches and exercises into our routines, these small steps can make a big difference. **So, as you gear up for your summer activities, remember to take care of your body, at home and at work**—it's the key to enjoying all the fun and adventures the season has to offer. With a little care and attention, you can ensure that your summer is filled with enjoyment and free from the discomfort of musculoskeletal pain.

Call FIT today (1-800-775-2225) to learn more about how we can help your employees AND your bottom line! Prevent tomorrow's injuries today™!



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[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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