



# FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



## Preventing Sprain and Strain Injuries Across All Ages in the Workplace

Whether a fresh-faced newcomer or a seasoned veteran on the job, sprain and strain injuries can happen to anyone in the workplace. These unfortunately common injuries, often resulting from lifting, twisting, or repetitive motions, don't discriminate based on age. However, **understanding how to prevent them can avert a lifetime of agony and keep employees, young and old, safe and productive.** Let's dive into some helpful tips on how we can all work together to avoid these painful setbacks.



For younger employees, **the excitement of starting a new job can sometimes lead to overexertion.** It's easy to underestimate the importance of proper lifting techniques when you're full of energy. Remember, **it's not just about being strong; it's about being smart.** Always lift with your legs, not your back; keep the load close to your body; and never twist when lifting. And don't be shy about asking for help with heavy or awkward items. After all, teamwork makes the dream work, and it's better to share the load than risk an injury.

More experienced team members might feel like they've seen it all, but **seasoned workers can fall prey to the cumulative micro-traumas that can add up to life altering back and shoulder injuries.** As we age, our bodies naturally change, and what once felt easy might now require safe workplace stretching and better techniques for doing activities of daily life. These simple adjustments can go a long way in maintaining your health and preventing Cumulative Micro-Traumas (CMT).



Ultimately, **the best way to prevent sprain and strain injuries is by following the above [Backsafe®](#) 3-Rules** that are the foundation of the Backsafe program. Our Injury Prevention training is a proven strategy to protect the entire team. Embrace the idea that injury prevention is both a team effort and an opportunity for individuals to care for their own health. **With the Backsafe principles in place, the workplace can be a space where everyone, young and old, can thrive without fear of injury.**

Here's to a healthy, happy, and injury-free work environment for all!

Have a question? Call me (1-800-775-2225) to discuss. Plus, don't miss visiting our booth at the [NSC Safety Congress & Expo](#). See you there!

Thank you!



**Dennis Downing**  
Future Industrial Technologies, Inc.  
[dennis@backsafe.com](mailto:dennis@backsafe.com)  
1-800-775-2225  
*Prevent Tomorrow's Injuries Today™!*

See You At:  
**2024 NSC Safety Congress & Expo**

Sept. 13-19, 2024  
Orlando, FL

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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.

For more information contact Dennis Downing at:

Future Industrial Technologies, Inc. 5951 Encina Road, Suite 201 | Goleta, CA 93117

Tel (800) 775-2225 | Fax (805) 967-2487 Email: [info@backsafe.com](mailto:info@backsafe.com) | Website: <http://www.backsafe.com>

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Future Industrial Technologies, Inc. | 5951 Encina Road Suite 201 | Goleta, CA 93117 US

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