



FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



Learn More About Our eBacksafe® Virtual Workshops! [Click Here](#)

The Power of Injury Prevention: A Game Changer for the Industrial & Warehousing Industries

In the fast-paced world of industrial and warehouse operations, efficiency is everything. But when injuries occur, productivity grinds to a halt, costs skyrocket, and employees suffer. Many of these injuries—especially those related to back and shoulder strain/sprains, and repetitive stress—are not caused by a single incident but by *cumulative micro-traumas (CMTs)* that build up over time. By integrating biomechanics-driven injury prevention, companies can reduce these risks, keeping workers healthy, engaged, and on the job.



Traditional safety programs often focus on compliance and reactionary measures, but [Backsafe®](#)'s proactive biomechanics-based training addresses the root cause of musculoskeletal injuries. By educating employees on proper lifting techniques that are specific to their jobs, posture awareness, and task-focused stretching, businesses can prevent micro-traumas before they escalate into costly injuries. A well-trained workforce that understands how to move efficiently, at work and at home, reduces strain on the body, leading to fewer injuries, lower workers' compensation claims, and a healthier bottom line.

Beyond cost savings, [Backsafe](#) injury prevention workshops foster a culture of safety and well-being. Employees who feel that their employer values their health are

more engaged, productive, and loyal. When companies invest in scientifically backed movement techniques, they create an environment where workers are empowered to take control of their physical well-being—both on and off the job. This results in fewer lost workdays, higher job satisfaction, and a stronger, more resilient workforce.



The industrial and warehousing sectors are built on hard work, precision, and efficiency. Protecting workers through biomechanics-driven training is not just a safety initiative—it's a **strategic advantage**. By preventing injuries *before* they happen, companies can reduce downtime, increase productivity, and improve overall morale. In an industry where every second and every movement counts, smart injury prevention isn't an expense—it's an investment in success. Call us today to learn how we can work together to make 2025 a great year for your organization in terms of production, morale, and of course, financially. Let our 30 years of experience in preventing sprain/strain workers' comp claims benefit your organization and employees.

Did you know that FIT also offers customized online [e-Backsafe training](#) in conjunction with our in-person [Backsafe workshops](#) mentioned above? We can create a program that targets your specific job tasks, filmed in your location, and is available to your employees 24/7. It's the perfect solution for high turnover industries, new hires or for remote job sites where gathering a group is challenging. Want to check out some of the programs we have already developed? We offer complimentary class sampling.

Call us today at 1-800-775-2225 to learn more about this exciting opportunity!



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Prevent Tomorrow's Injuries Today™!

Now Available!

eBacksafe® Virtual Injury Prevention Training Program

We offer live virtual trainings (via Zoom) or on-demand video course modules. And, as is standard with any of our programs, it is customized for your job descriptions.



[Learn More](#)

Upcoming Events



PARMA 2025
51st Annual Conference

February 23-26, 2025

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Oregon GOSH 2025

March 3-6, 2025
We will be presenting at this event!

[Learn More](#)



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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:

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