

FUTURE INDUSTRIAL TECHNOLOGIES



PREVENTING TOMORROW'S INJURIES TODAY™

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Bionomics® - Workplace Injury Prevention Breakthrough

Recently one of our trainers (Dr. Paula) visited a new customer to conduct our pre-training onsite assessment at a pallet manufacturing company in order to customize the Bionomic Training workshops for this facility. In reviewing the assessment, our Lead Trainer said, so matter-of-factly, “Oh yes, Dr. Paula knows everything about pallet handling. The training is really going to help these employees.”



It struck me that after 26 years, we have become experienced with virtually **every job description** that exists in North America. Why is that such a big deal? The response to that is contained in the definition of Bionomics. Years ago we discovered the lowest common denominator for why **80% of our population will experience a back incident in their lives** and why sprain/strains contribute significantly to workers' comp costs and lost workdays.

The simple answer is one of mankind's biggest oversights. As companies are busy *managing* workers' comp claims, hiring temporary people to fill in for injured employees or ordering \$600 ergonomic chairs ... humanity conducts their actives of daily living on and off the job, without the foggiest idea that the way that they are lifting, bending, pushing or keyboarding is the reason for their discomfort, pain and injury.

FIT created a new branch of ergonomics that teaches people how to do their jobs and at home activities in ways that we all should have learned...but didn't. **Bionomics** (bio=body) + (nomics=manage) is the result of research that discovered people can in fact *prevent* insidious “micro traumas” that add up over time (called Cumulative Micro Trauma—CMT) to cause lifestyle altering pain and injury.



Have you ever been taught how your spine functions? What it likes and

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doesn't like as far as motion and posture is concerned? Have you ever been taught what positions for your shoulder are safest when conducting work or at-home activities?

Has anyone ever taught your employees specifically—the proper biomechanics of their job duties? Or how to properly, I mean *really properly*, set up their existing ergonomic workstation?

Why do I ask? Because back pain is ridiculously present in our lives yet we know more about our cars than our bodies! How many cylinders does your car have? Good! How many bones make up your spine? (crickets...)

Bionomics is a **practical employee based training philosophy** that puts people in charge of their bodies through hands-on training. People learn life lessons on how to prevent microtrauma to their bodies by learning job specific biomechanics, and for office workers, how to prevent the fatigue and discomfort by finally learning how to adjust their workstations (want to stop expensive requests for chairs and sit-to-stands? Teach people how to *properly set up* what they already have!)



Bionomics training also teaches people how to get rid of existing aches, pains and discomfort caused by muscles and joints, by simply doing a self-managed stretching routine.

After more than a quarter century, we know the correct job specific biomechanics for your employees. This experience is critical and a main reason why we are so successful at getting employees to buy-in to physically changing their behaviors.



I can guarantee your employees are right now doing their jobs in ways that are contributing to tomorrow's discomfort and perhaps a \$40,000 claim. Our society missed teaching us how to self-manage our own physical well-being while working. **Employees don't want pain.** Employers don't want injuries. Let's prevent it! Everyone wins—Bionomics—teaches people for the first time in their lives how to experience less microtrauma through proper techniques and how to relieve pain and discomfort through personal stretching routines!

FIT has trainers across the US and Canada and compared to a back, shoulder or ergonomic injury, the cost is extremely affordable. [Call me](#) to discuss your specific situation. We can help! I look forward to speaking with you.



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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