

STOP MANAGING SPRAIN/STRAINS- ELIMINATE THEM!



Presented by
Dennis Downing, Future Industrial Technologies (FIT)

What Do These Workers Have in Common?

- Law Enforcement
- Fire Fighters
- Public Works
- Trade's People
- Librarians
- Food Service
- Office Personnel
- Maintenance
- Special Ed Aide
- Nurses
- Housekeeping
- Janitorial
- Utility Workers
- Parks and Rec

Ergonomic Injury Potential!

- In fact 80% of the Population will experience a back incident in their life time!
- HOW COME???

BASIS for F.I.T. RESEARCH

- If a problem persists you haven't discovered or corrected the true cause.

History/Future of Back Claims

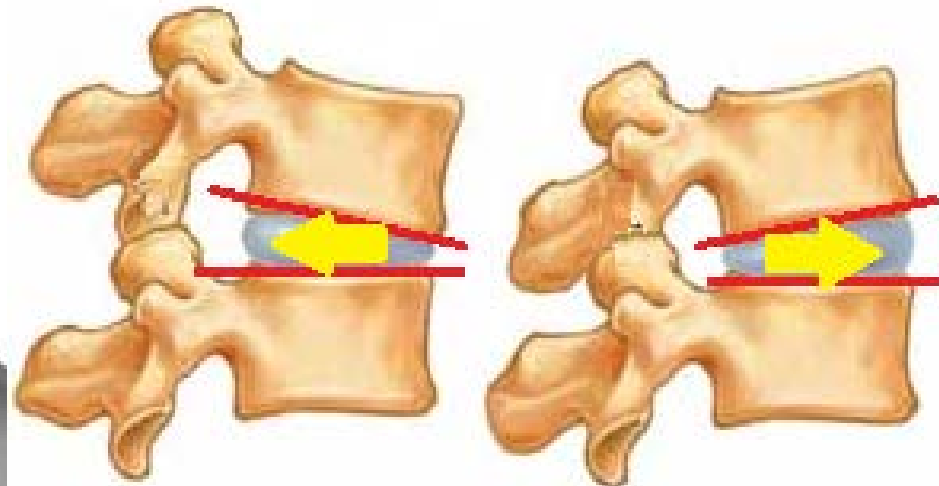
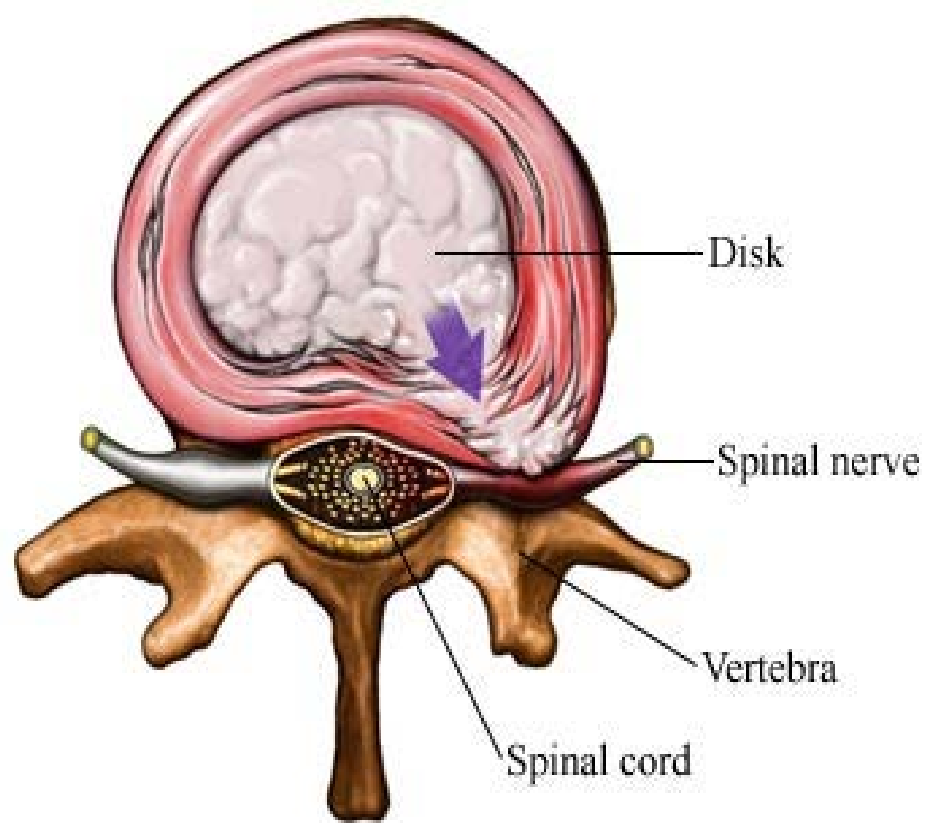
- History and Experience - 30 Years Ago?
- Future Predictions of Back Claims

Why Do:

- 80% of the people in the US suffer from a back incident?
- MSD's cause 50-70% of workers' comp costs and lost workdays in many industries?

What Was Missed!

- How Many Cylinders Does Vehicle Have?
- How Many Bones Make up the Spine?
- How Many Curves in the Spine?
- What is the Most Harmful Motion to the Spine?



Omitted In Earlier Education

- What is Micro-Trauma?
- What Happens Me When It Accumulates?
- How Does the Spine Work?
- What is Happening to my Spine When I Sit?
- Why Should I Lift Correctly
- What Could Happen to Me if I Don't Learn?
- ABC's of Lifting, Bending, Keyboarding?

Products

**Think
Safety
First!**







Micro-Trauma Accumulates

Cumulative Trauma Injury Cycle

- Fatigue
- Discomfort
- Pain
- Injury



What We Don't Know Could Hurt YOU!

- Mouse Position - Favorite Beverage
- Keyboard Position – Frankenstein
- Monitor-Head Weighs/3rd Grade Teacher
- Quality of Life

Sprain/Strain Injury Prevention Strategy

- Correct Cause=Micro Trauma
- Solution=Reduce Micro-Trauma for Aging and Younger Workers-ALL EMPLOYEES
- Is it Possible to Prevent Micro Trauma to Employees?

BIONOMICS™(bio=body + nomics=manage)

- How to prevent the incurrence of Micro-Trauma.
- How to relieve any accumulation of Micro-Trauma through proper body management.

PENETRATING GREY MATTER

- Do You Bribe Employees with Free Donuts to Attend Safety Meeting?
- Who Wants Zero Pain More-Employees or Employer?
- EMPLOYEES WILL LISTEN-Especially Aging!

TEFLON TRAINING

- Training Must Stick
- Eliminate Learning Barrier of Negative Emotion = Group Antagonism; Apathy; Boredom; Mistrust

Employee Training Breakthroughs

- Achieve \$\$ Goal-Train with Right Purpose-CARE!
- Employees ARE Different-CUSTOMIZE ALL Injury Prevention Training
- Kinesthetic Training Philosophy

Common Sense Dictated

- If a 12 year old girl can learn how to do a back flip on a balance beam, 4 inches wide and 4 feet off the ground....



- Your employees should be able to learn how to lift something.

If you can train a walrus to do a
Sit-up.....



Traditional Training Media

- Video
- Lecture
- Slide Presentation
- Computer



Maxim For Effective Training

- The value of any training is only as good as it can be applied
- No Realizations=No Change in Behavior

Components of Bionomic Training

- 1. Risk Assessment-Identify causes**
 - *Job Activity Surveys*
- 2. Customization of the Program-Make Meaningful to Employees**
- 3. Workshop Introduction Must Secure Employee Buy-In**
- 4. Theory Module**
- 5. Customized Stretching Routine**
 - *Prepare the body for physical stress*
 - *Relieves the body of accumulated stress*
- 6. Kinesthetic Learning Module—Obstacle Course-Feel the Difference**
- 7. Question & Answer**
- 8. Course Critique-Modify Per Feedback**
- 9. Commitment-Self Determined Decision**

Pre-Assessment

- Task
- Materials
- Employees
- Environment
- Morale









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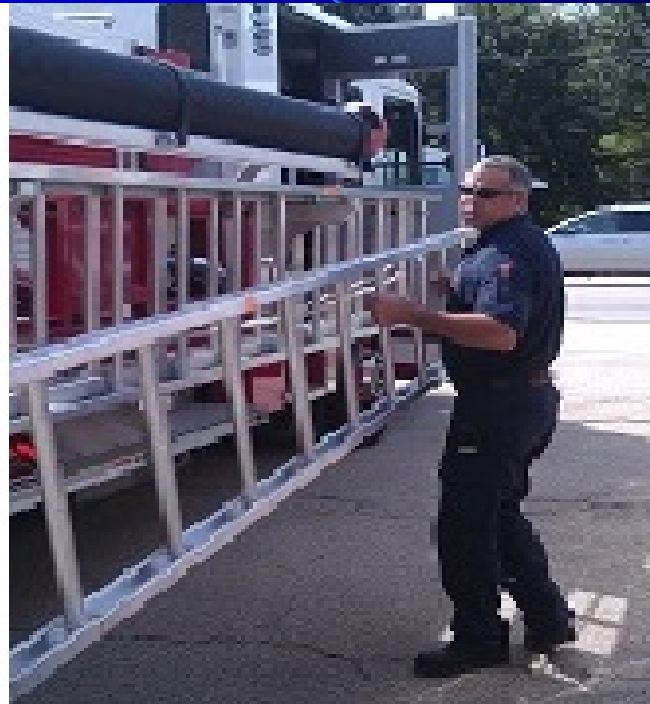
Patient Transfer: Cot to/from bed



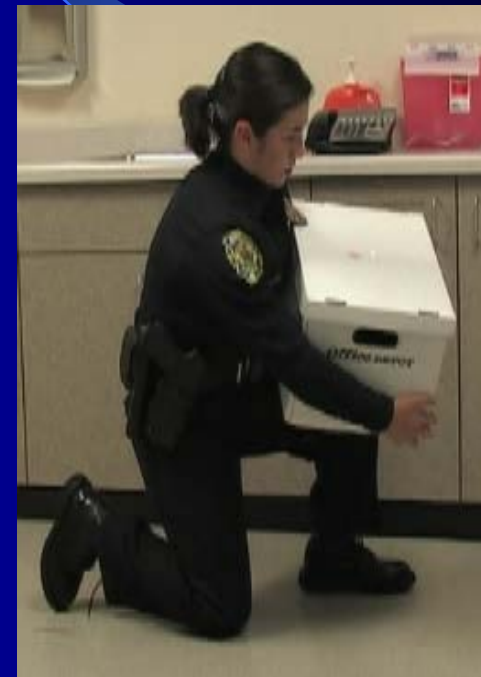
Obstacle Courses







Backsafe® Application in Law Enforcement



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Ensuring Long-Term Results

- Implement
- Maintain
- Reinforce

YOU CAN NOW DO
SOMETHING ABOUT IT!



Questions?



Presenter

- Dennis Downing, CEO
- Future Industrial Tech (FIT)
- www.backsafe.com
- 1-800-775-2225