Bionomics - The Science and Art of Preventing Back, Shoulder and Ergonomic Injuries

Presented by:
Dennis Downing, CEO
Future Industrial Technologies (FIT)
BASIS for FIT RESEARCH

If a problem persists you haven’t discovered or corrected the true cause.
PROBLEM-BACK INJURIES

• Undiscovered cause resulted in:
• 80% of the people in the US suffer from a back incident?
• Back claims alone results in 100 Million Lost Workdays per Year?
• Ruined Lives and Opioid Addiction
Spine 101

• How Many Cylinders 4, 6 or 8?
• How Many Bones Make up the Spine?
• How Many Curves in the Spine?
• What is the Most Harmful Motion to the Spine?
Would You Notice?
Would You Notice?
WE DON’T KNOW

• How the Spine Works?
• What it likes and DISLIKES
• ABC’s of Lifting, Bending, Typing?
• That WE can control our own health?
Cumulative Micro-Trauma
CMT=The Enemy

- Work and LIFE
- Lifting Children
- Children Lifting Backpacks (20%)
- Lifting Laundry
- Yard Work
- Incorrect posture at computers
- Pen/Balloon
Weightlifting Champion but(t)......
CMT Manifestations

• Mouse Position - Favorite Beverage

• Backsafe® 3-Rules
BIONOMICS™
(bio=body + nomic=manage)

• How to prevent Cumulative Micro Trauma
  • Customized biomechanics and ergo techniques

• How to relieve your body of existing CMT
  • Job specific therapeutic stretching
Employee Training Breakthroughs

- Achieve Injury Prevention Program Goals by Training with the correct Purpose-CARE!
- Employees ARE Different-CUSTOMIZE ALL Injury Prevention Training
- Kinesthetic Training Philosophy
Maxim For Effective Training

• The value of any training is only as good as it can be applied

• No Realizations=No Change in Behavior
Obstacle Courses
Patient Transfer: Cot to/from bed
Backsafe Application in Law Enforcement
Safe Techniques....
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
Cultural Change for Long-Term Benefits

- STAGE 1 - Employee Buy-in is Foundation
- STAGE 2 - Refresh and Remind
- STAGE 3 - Sustain Initiative via Supervisor Champions
Questions?

Contact Dennis Downing
1-800-775-2225
Dennis@backsafe.com
NEW THIS YEAR – Surveys on the App

Find the App, Click on Events, Click on Browse by Day, Click on the Specific Session, Click on Rate Event. See Below for Screen Shots.