BIONOMICS-
Preventing Sprain/Strains
the Old Fashion Way

Presented by
Dennis Downing, Future Industrial Technologies (FIT)
Whoever Controls Game-WINS Game

- Good management = CONTROL
- What % $ spent on claims vs prevention?
- Roof bucket brigade
- Back claims-today hoping or controlling?
- Goal-control over injuries, spending and lost production
BASIS for F.I.T. RESEARCH

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

- MUST “Diagnose” the Correct Cause/Why of Problem
- Have Exact Solution to Permanently Solve the Problem
- Execute Solution Effectively
- Measure Results
- Modify as Needed
Incorrect Cause=No Results

- "Employees Don’t Listen!"
- "Our Employees Are Aging"
- "Our People are Different"
- "The Jobs are Physically Demanding"
- "We have Union Employees! We’d Need an Act of Congress to Get Their Buy-in"
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?
Spine 101

- How Many Bones Make up the Spine?
- How Many Curves in the Spine?
- What is the Most Harmful Motion to the Spine?
Third Grade

- Learn How the Spine Functions?
- ABC’s of Lifting, Bending, Keyboarding?
- How to Better Protect Yourself from Experiencing a Life Altering Injury?
MICRO-TRAUMA!

- Work and LIFE
- Lifting Children
- Children Lifting Backpacks (20%)
- Lifting Laundry
- Getting in and out of Vehicles
- Yard Work
- Incorrect posture at computers
Micro-Trauma Accumulates

Cumulative Trauma Injury Cycle

- Fatigue
- Discomfort
- Pain
- Injury
What We Don’t Know Hurts Like Hell

- 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 Control Micro Trauma to Employees?
BIONOMICS™ (bio=body + nomic=manage)

- How to prevent the incurrence of physical stress.
- How to relieve any accumulation of physical stress through proper body management.
Delegate Wellness Responsibility

- 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
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
Patient Transfer: Cot to/from bed
Obstacle Courses
Backsafe Application in Law Enforcement
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
Ensuring Long-Term Results

- Implement
- Maintain
- Reinforce
Questions?
Dennis Downing, CEO
Future Industrial Tech (FIT)
www.backsafe.com
1-800-775-2225