

Whoever Controls Game-WINS Game

- Good management = CONTROL
- What % \$ spent on claims vs prevention?
- Lake “Workers’ Comp Costs”-What Must be Done to Drain a Lake?
- Back claims-today hoping or controlling?
- Goal-control over injuries, spending and lost production

BASIS for FIT RESEARCH

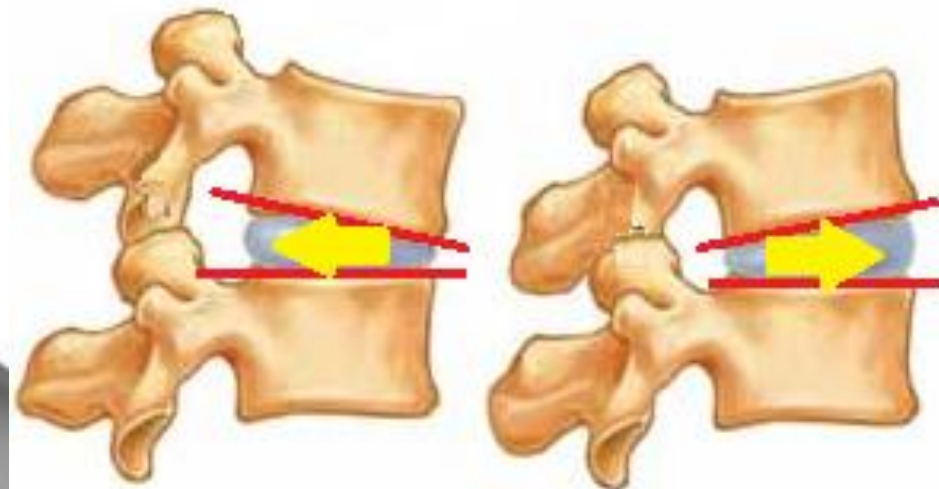
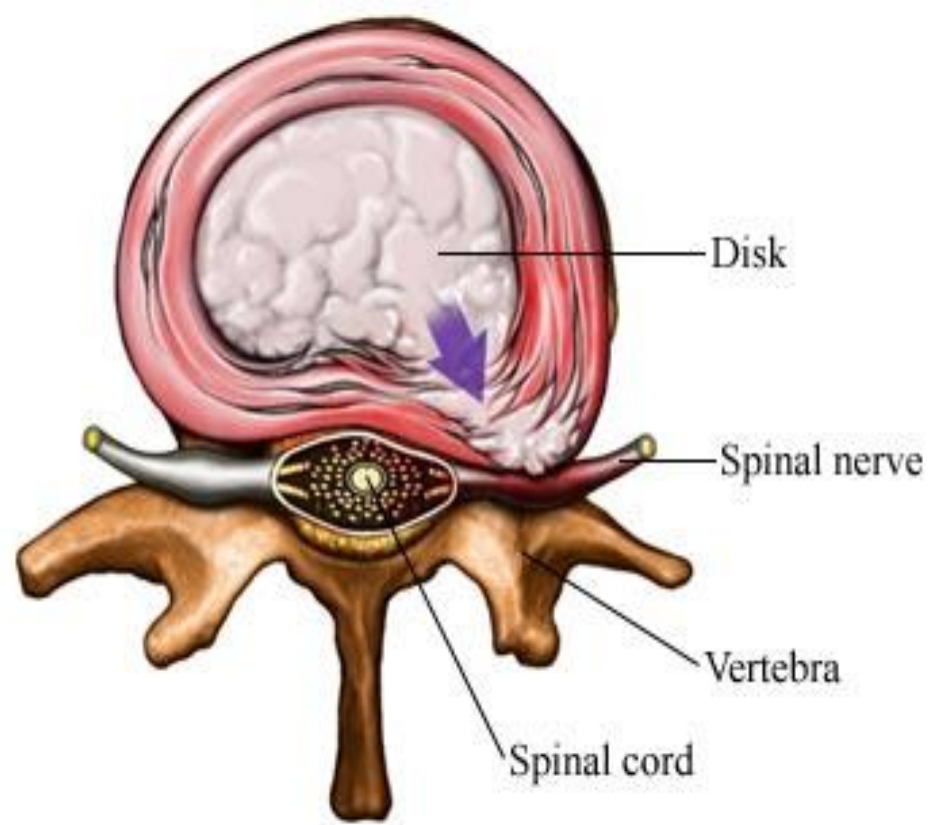
- If a problem persists you haven't discovered or corrected the true cause.

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 is the CAUSE?

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?



Society Doesn't Teach Us

- How the Spine Works?
- ABC's of Lifting, Bending, Keyboarding?
- How to Control our Own Health Destinies?

MICRO-TRAUMA = The Enemy

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



45 degrees
49lbs



60 degrees
60lbs



75 degrees
~70lbs



0lbs



BIONOMICS™(bio=body + nomic=manage)

- How to prevent the incurrence of physical stress.
- How to relieve accumulated physical stress through proper body management.

Employees Rejecting Help

- “Employees Won’t Listen”
- “We Have Tried Training but it Doesn’t Work!”
- “They Won’t Accept our Help!”
- How Can I Reach their Grey Matter?
- “They’re KNUCKLEHEADS!”

Employee Training Breakthroughs

- Achieve \$\$ Goal by Training 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 a box.



Traditional Training Media

- Video
- Lecture
- Slide Presentation
- Computer



Do It to Know It

“Tell me and I forget, teach me and I may remember,
involve me and I learn.”

— Benjamin Franklin

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**

Obstacle Courses



Ensuring Long-Term Results

- Implement
- Maintain
- Reinforce

WIN A SET OF STRETCHING POSTERS!!

It's easy to enter: Text "**BACKSAFE**" to **22828** and follow the directions. Winners will be notified following the conference.

By entering our contest you will also receive our informative monthly newsletters and notifications of special offers & promotions.

Good luck!

QUESTIONS

- Dennis Downing, CEO
- Future Industrial Technologies
- www.backsafe.com
- 1-800-775-2225

