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
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
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