



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

Presented by:

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Future Industrial Technologies (FIT)



BASIS for FIT RESEARCH

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



"...great having a neighbor handy with plumbing..."



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

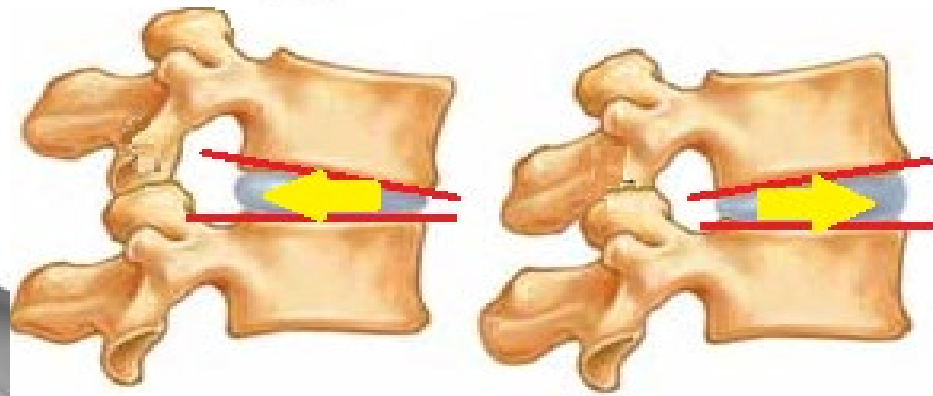
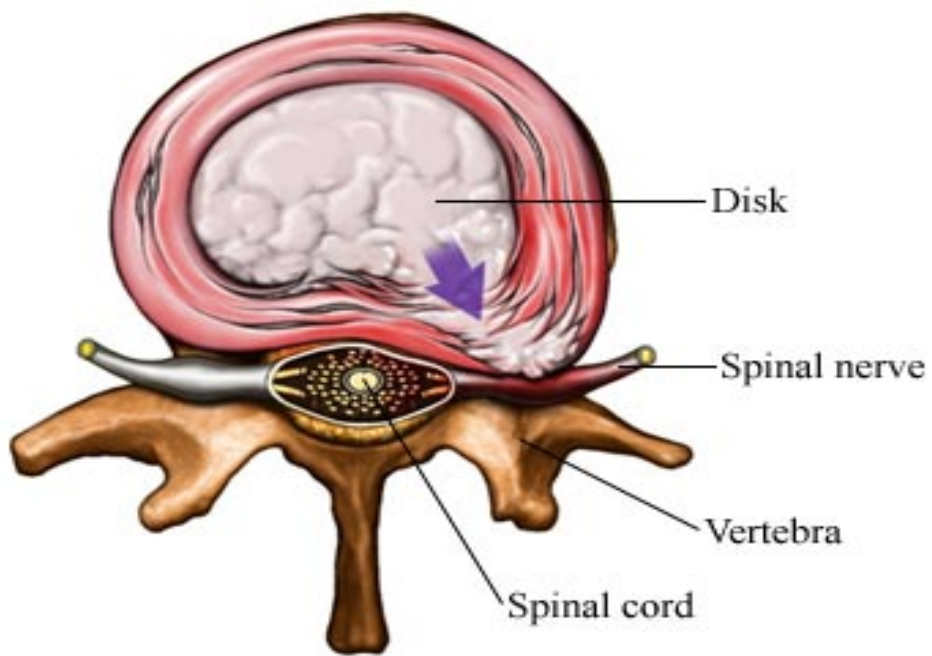
- How the Spine Works?
- What it likes and DISLIKES
- ABC's of Lifting, Bending, Typing?
- That WE can control our own health?



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





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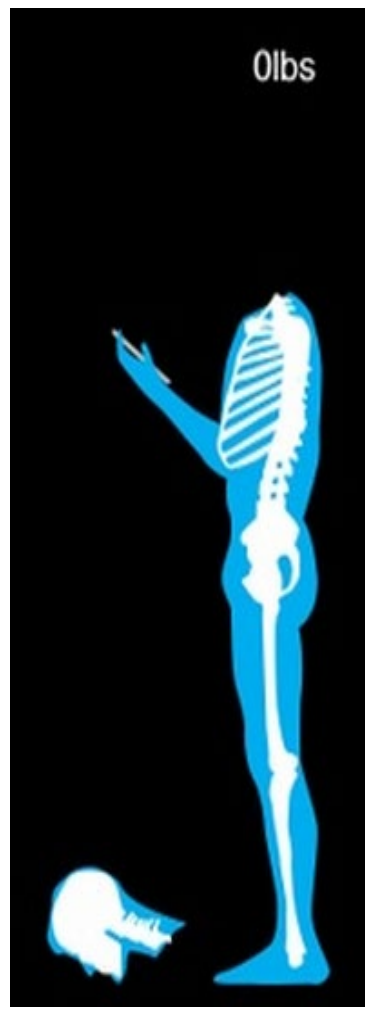
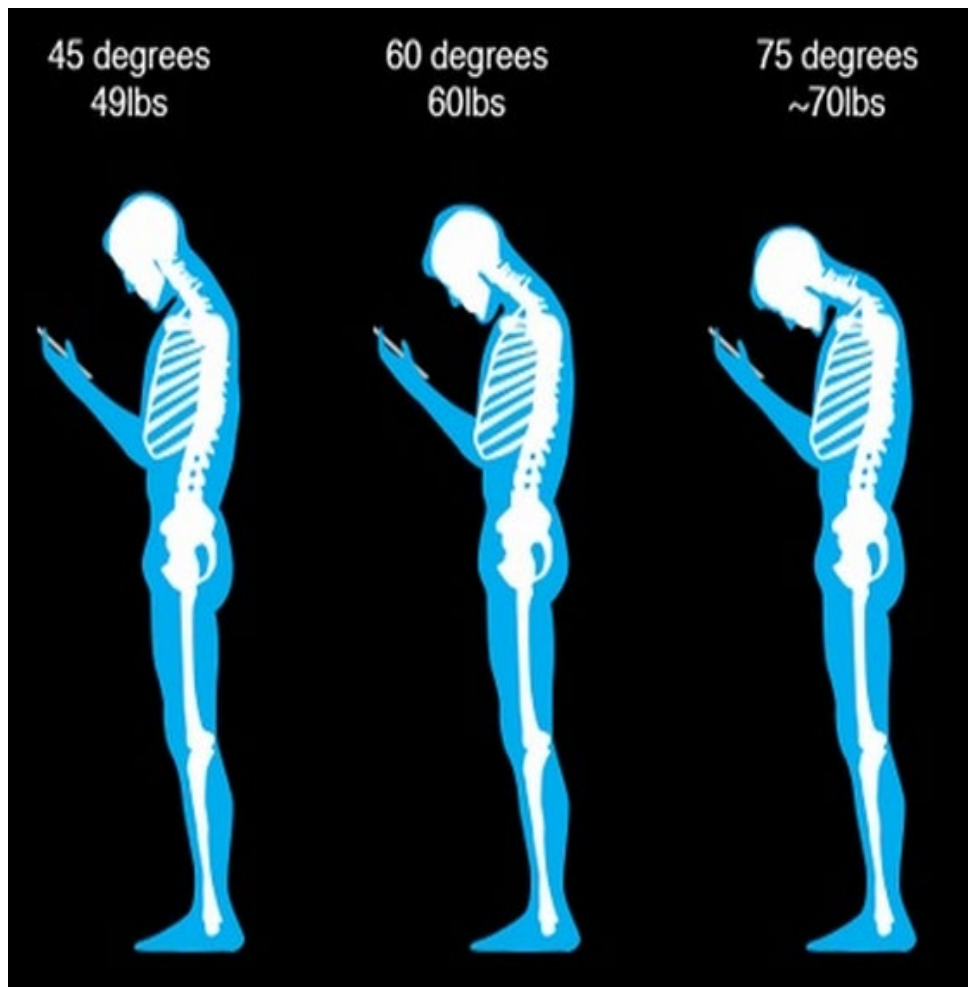
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Weightlifting Champion but(t).....









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

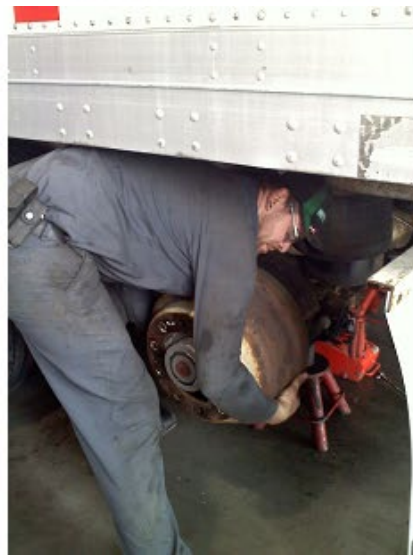
- The value of any training is only as good as it can be applied
- No Realizations=No Change in Behavior

Obstacle Courses



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Patient Transfer: Cot to/from bed



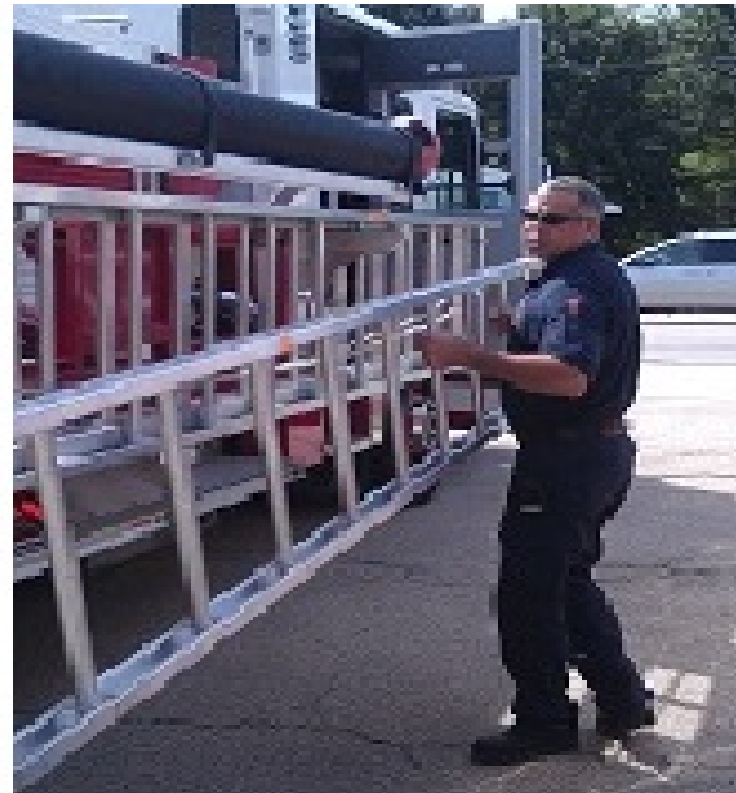
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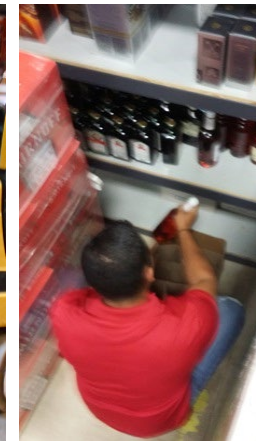
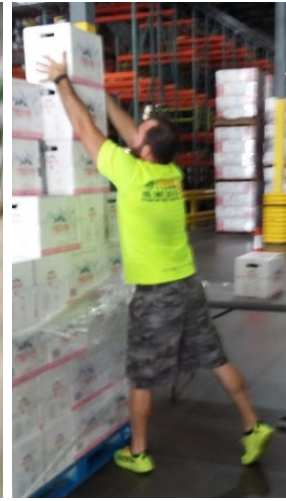
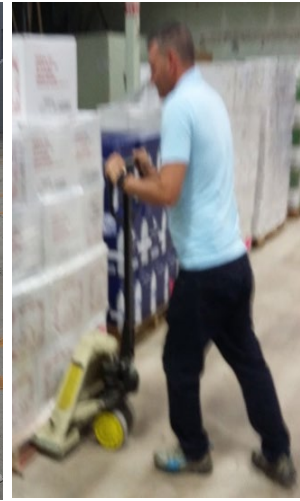
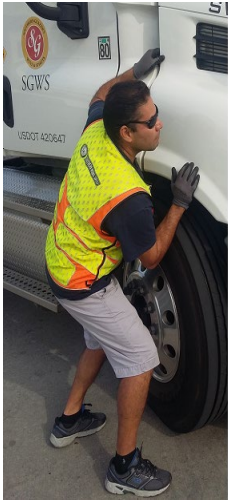


Backsafe Application in Law Enforcement

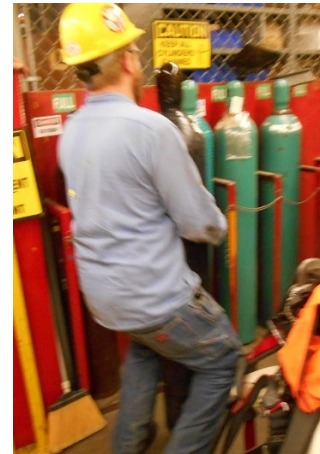


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Safe Techniques....



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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
- STAGE2- Refresh and Remind
- STAGE 3-Sustain Initiative via Supervisor Champions



Questions?

Contact Dennis Downing

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