

Driver Health & Wellness, Implementing an Injury Prevention Program

Dennis Downing CEO, FIT



Preventing Tomorrow's Injuries Today™

FIT

- Future Industrial Technologies, Inc.
- Backsafe[®]/Sittingsafe[®]-Wellness Approach to Injury and Cost Prevention
- Established in 1992
- Operating in 50 states and Canada
- Trained Over 1 Million Employees

Overview

- GOAL-Practical Injury Prevention Initiatives that Reduce Back and Shoulder Injuries and Workers Comp Related Costs
- Employees Want to be Injury Free-WHY DON'T THEY LISTEN THEN?
- EMBED “we care” into day-to-day Working Culture for Windfall Savings and Driver Retention

BASIS for FIT RESEARCH

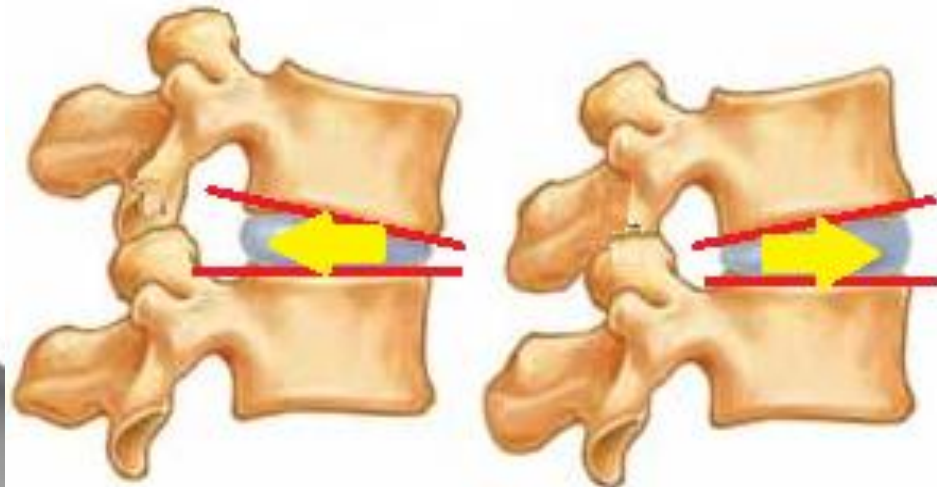
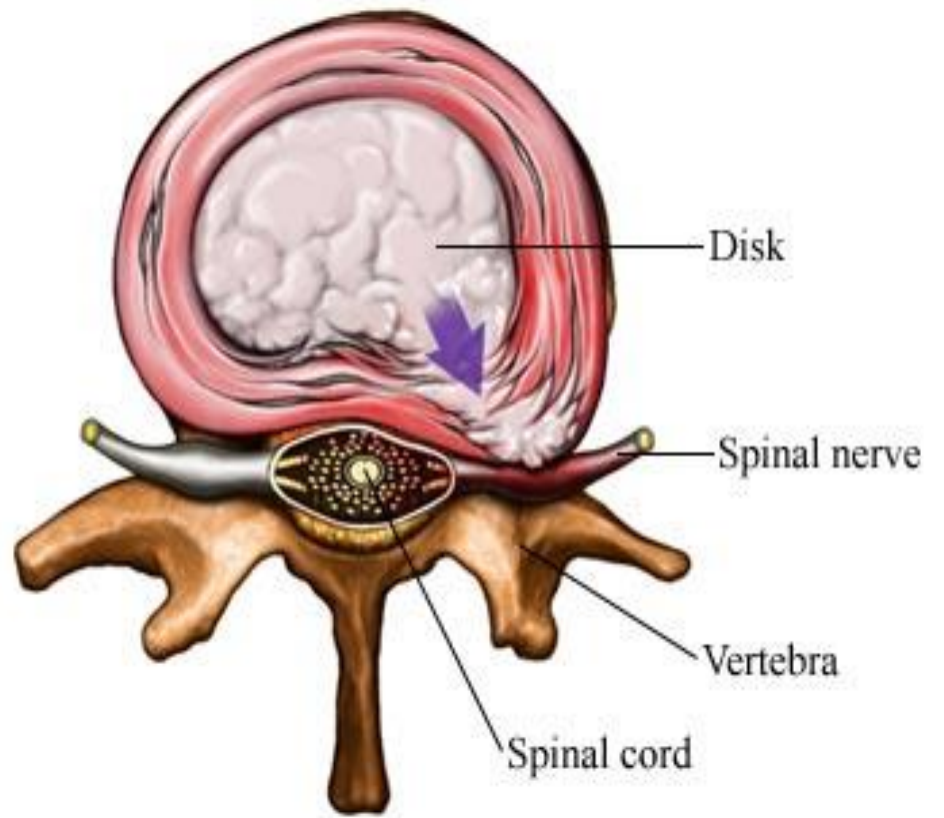
- If a problem persists you haven't discovered or corrected the true cause.

Why Do:

- 80% of the people in the US suffer from a back incident?
- Back claims alone results in 100 Million Lost Workdays per Year?

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?
- What it likes and DISLIKES
- ABC's of Lifting, Bending, Keyboarding?
- That WE can control our own health?







Driver



MICROTRAUMA- 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 any accumulation of physical stress through proper body management.

Maxim For Effective Training

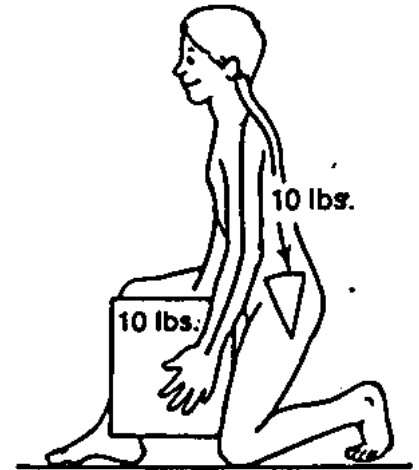
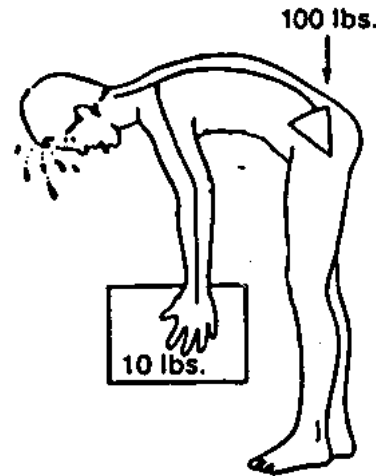
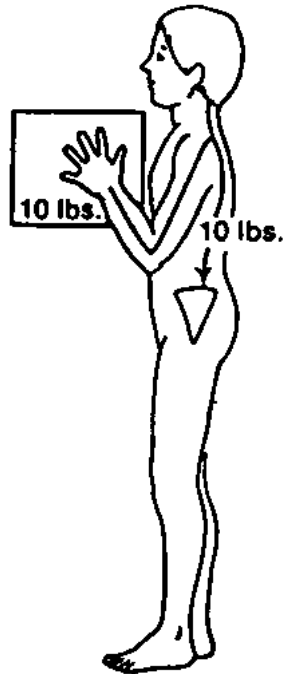
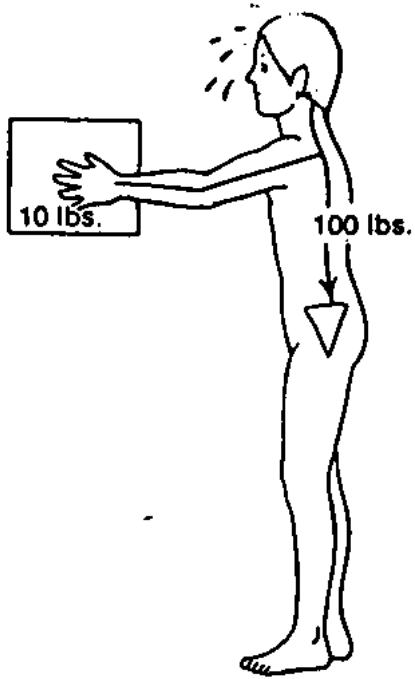
- The value of any training is only as good as it can be applied
- No Realizations=No Change in Behavior

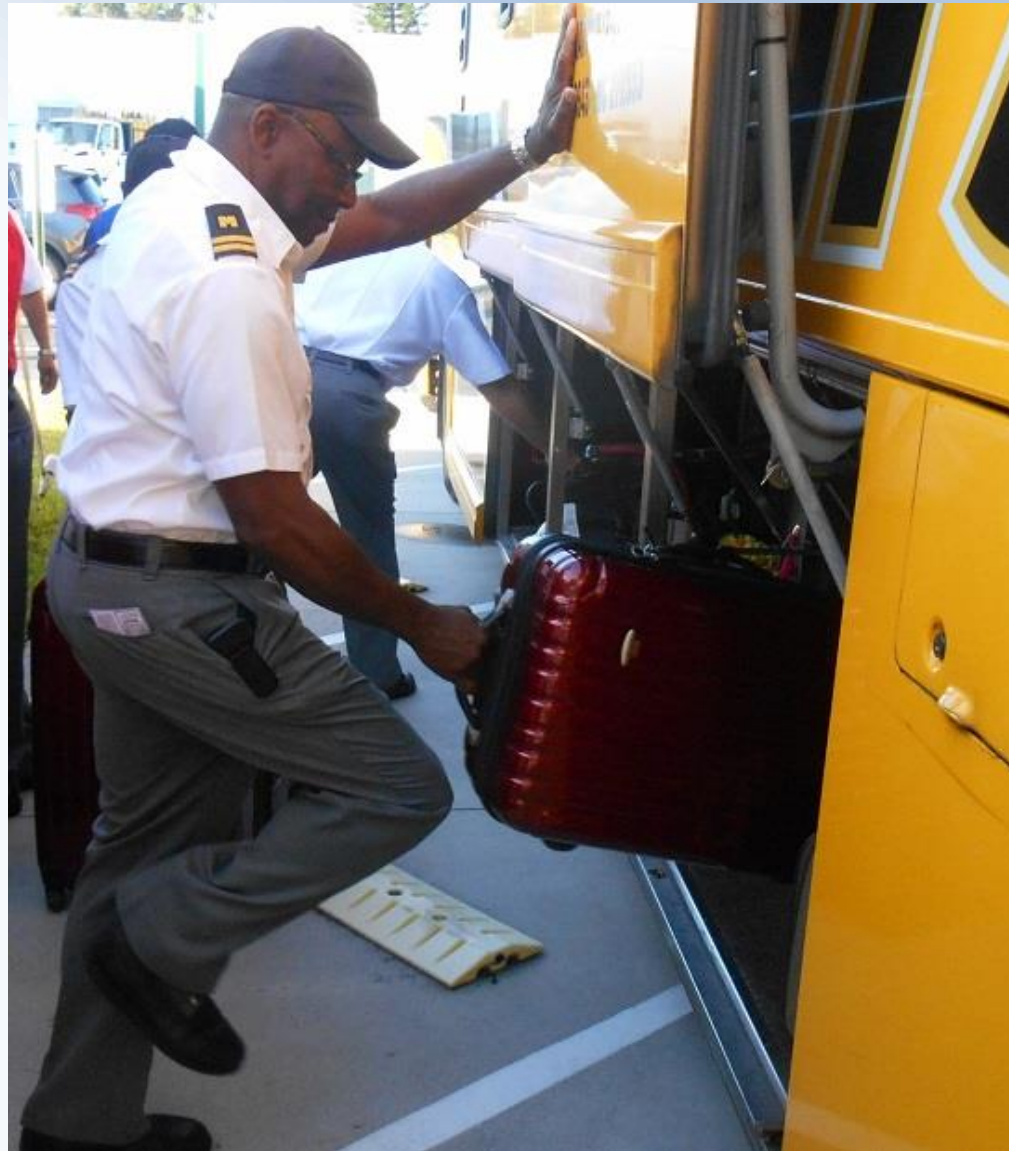
Employee Training Breakthroughs

- Achieve \$\$ Goal by Training with Right Purpose-CARE!
- Employees ARE Different-CUSTOMIZE ALL Injury Prevention Training
- Kinesthetic Training Philosophy

Backsafe[®] 3-Rules

DISC PRESSURE











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**

Long-Term Cultural BLEND

- STAGE 1-Employee Buy-in for THEIR OWN WELLBEING.
- STAGE 2-REMINDERS and REFRESHERS.
- STAGE 3-SUSTAINABILITY SUPERVISOR REINFORCEMENT.

CONTACT INFO

- Dennis Downing
- 1-800-775-2225
- Dennis@backsafe.com