## Back Injuries and Prevention Stats and Facts

## **Facts**

- 1. Worldwide, back pain is the single leading cause of disability, preventing many people from engaging in work as well as other everyday activities.
- 2. Back pain is one of the most common reasons for missed work. One-half of all working Americans admit to having back pain symptoms each year.
- 3. Most cases of back pain are mechanical or nonorganic-meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.
- 4. Most people with low back pain recover, however reoccurrence is common and for small percentage of people the condition will become chronic and disabling.

## Stats

We spend so much time of our lives at work and every year there are high numbers of work-related back injuries reported:

- More than one million back injuries are sustained in the workplace annually.
- According to the Bureau of Labor Statistics (BLS), a backrelated injury accounts for one in every five injuries and illnesses at work.
- •BLS ran a survey and discovered that 80% of these injuries were to the lower back and, unsurprisingly, 75% of these happened during lifting tasks.
- A back injury is the top cause of a 'job-related disability' and a large contributor to missed work days.