# Dont Take Back Problems Sitting Down Stats and Facts

## **FACTS**

#### Factors that contribute to back pain at work.

- 1. Force. Exerting too much force on your back such as by lifting or moving heavy objects can cause injury.
- 2. Repetition. Repeating certain movements, especially those that involve twisting or rotating your spine, can injure your back.
- 3. Inactivity. An inactive job or a desk job can contribute to back pain, especially if you have poor posture or sit all day in a chair with inadequate back support.

#### Back pain and lifestyle factors

- 1. Aging, obesity and poor physical condition also contribute to back pain
- 2. Back pain can range in intensity from a dull, constant ache to a sudden, sharp or shooting pain. It can begin suddenly as a result of an accident or by lifting something heavy, or it can develop over time as we age.
- 3. Pain in the upper back is usually the result of poor posture, muscle overuse, or injury.
- 4. Up to 1/3 of back injuries could be prevented through a better designed job workspace.
- 5. Back injuries are the most common reason for nonattendance in the general workforce, after the common cold.
- 6. Low back pain is the single leading cause of disability worldwide.

### **STATS**

• People in the study ages 70 and older who reported having back or neck pain in the previous month were 13 percent more

- likely to die each year from any cause, compared with people who didn't have back pain.
- According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses.
- BLS ran a survey and discovered that 80% of these injuries were to the lower back and 75% of these happened during lifting tasks.
- Experts estimate that up to 80% of the population will experience back pain at some time in their lives.
- 54% of Americans who experience pain spend most of their day at work sitting.