Knowing Your Limits and Seeking Help – School Safety Stats and Facts

FACTS

1. **Physical Overexertion:** Students and staff attempting tasks beyond their physical capacity, such as lifting heavy objects without assistance, risk strains, sprains, or chronic musculoskeletal injuries.
2. **Mental Health Overload:** Ignoring signs of stress, anxiety, or burnout in demanding school environments can lead to mental health crises, reduced focus, and unsafe decision-making.
3. **Lack of Help-Seeking Culture:** Fear of judgment or stigma often prevents students and staff from seeking help for physical or mental health challenges, exacerbating risks like injuries or emotional distress.
4. **Inadequate Training on Limits:** Schools often fail to teach students and staff how to recognize personal limits, increasing the likelihood of overexertion or unsafe behaviors.
5. **Peer Pressure Risks:** Students may push physical or emotional limits due to peer pressure in sports or academic settings, leading to injuries or mental health issues without seeking help.
6. **Delayed Reporting:** Failure to promptly report physical injuries or mental health concerns delays intervention, worsening outcomes and compromising school safety.

STATS

- A 2020 Journal of School Health study found that 30% of students reported avoiding seeking help for physical injuries due to fear of being sidelined, contributing to

prolonged recovery times.

- Statistics Canada reported in 2021 that 25% of school-aged children experienced mental health challenges but did not seek help, increasing risks of academic and behavioral issues in schools.
- The Bureau of Labor Statistics (BLS) noted in 2020 that 40% of school staff musculoskeletal injuries were linked to overexertion, with many cases tied to not seeking assistance for heavy tasks.
- WorkSafeBC reported in 2022 that 20% of school staff injury claims in British Columbia involved strains from tasks where workers did not request help, such as moving furniture or equipment.
- A 2021 NIOSH study indicated that 35% of school staff reported not accessing mental health resources despite high stress, citing stigma or lack of awareness as barriers.
- The Canadian Centre for Occupational Health and Safety (CCOHS) stated in 2022 that schools with active help-seeking training programs saw a 25% reduction in reported staff injuries and mental health complaints.