

Lifting and Back Injuries Stats and Facts

FACTS

1. Exerting too much force on your back – such as by lifting or moving heavy objects – can cause injury.
2. Repeating certain movements, especially those that involve twisting or rotating your spine, can injure your back.
3. 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.
4. Aging, obesity and poor physical condition can contribute to back pain. While you can't control your age, focus on maintaining a healthy weight, which minimizes stress on your back.
5. Get enough calcium and vitamin D. These nutrients can help prevent a condition that causes your bones to become weak and brittle (osteoporosis). Osteoporosis is responsible for many of the bone fractures that lead to back pain.
6. Combine aerobic exercise, such as swimming or walking, with exercises that strengthen and stretch your back muscles and abdomen.
7. For most healthy adults, exercise at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity – preferably spread throughout the week – and strength training exercises at least twice a week.
8. Smoking reduces blood flow to your lower spine, which can contribute to spinal disk degeneration and slow healing from back injuries. Coughing associated with smoking can also cause back pain.

STATS

- It's estimated 2 million back injuries occur annually in the US
- A staggering 80% of adults are estimated to experience a back injury in their lifetime
- For 5% of back injury sufferers the condition will become chronic and disabling
- More than one million back injuries are sustained in the workplace annually
- A back injury is the top cause of a 'job-related disability'.
- One in every five injuries and illnesses in the workplace is due to a back injury.
- Experts estimate that up to 80% of the population will experience back pain at some time in their lives.
- Back pain can affect people of all ages, from adolescents to the elderly.
- Back pain is the third most common reason for visits to the doctor's office, behind skin disorders and osteoarthritis/joint disorders.