Lifting – Landscaping Stats and Facts

FACTS

Primary hazards and types of injuries associated with lifting in landscaping

1. Musculoskeletal Disorders (MSDs)

- **Back Injuries:** Improper lifting techniques can cause back strains, sprains, and disc herniations.
- **Shoulder and Neck Strains:** Lifting heavy items above shoulder height or carrying loads unevenly can lead to strains and injuries in the shoulders and neck.
- **Knee and Hip Injuries:** Repeatedly lifting heavy loads can strain the knees and hips.

2. Repetitive Strain Injuries (RSIs)

- **Tendonitis and Bursitis:** Repeated lifting and carrying tasks can lead to inflammation of the tendons (tendonitis) and the fluid-filled sacs in joints (bursitis).

3. Acute Injuries

- **Fractures and Contusions:** Dropping heavy objects can result in fractures or contusions.

4. Fatigue and Overexertion

- **Chronic Fatigue:** Repeated heavy lifting can lead to overexertion, causing fatigue and increasing the risk of accidents and injuries.

STATS

- A study analyzing 18,037 workers' compensation claims from 2001 to 2017 revealed that overexertion, often due to

lifting, was one of the most common causes of injuries in the landscaping sector. The percentage of serious injuries increased from 16% to 21% during this period, with lifting being a major contributing factor.

- The U.S. Bureau of Labor Statistics (BLS) reported that overexertion and bodily reaction, which includes injuries from lifting, are leading causes of nonfatal occupational injuries. These account for about 31% of all work-related injuries, with landscaping being one of the higher-risk industries.
- Back injuries account for a significant portion of injuries in landscaping, often resulting from improper lifting techniques and overexertion.
- Injuries from lifting often result in lost workdays, with BLS data indicating that these injuries can lead to extended time off work, affecting productivity and workforce availability (OSHA).