

# Posture and Ergonomics – School Safety Stats and Facts

## FACTS

**Poor Sitting Posture:** Students and staff sitting with slouched shoulders or forward head positions during prolonged computer or desk work strain the neck, back, and shoulders, increasing the risk of MSDs.

**Improper Workstation Setup:** Non-adjustable desks, chairs, or computer setups in schools that don't align with individual body sizes lead to awkward postures and repetitive strain injuries.

**Heavy Backpacks:** Carrying backpacks that are too heavy or worn incorrectly (e.g., on one shoulder) causes back, neck, and shoulder strain, particularly among students.

**Lack of Ergonomic Training:** Students and school staff often lack training on maintaining neutral spine alignment and optimal posture, contributing to chronic pain and discomfort.

**Prolonged Static Postures:** Sitting or standing for extended periods without movement breaks, common in classrooms or during computer-based learning, leads to muscle fatigue and stiffness.

**Repetitive Motions:** Frequent repetitive tasks, like typing on poorly positioned keyboards or writing for long periods, can cause wrist and hand strain, especially without proper ergonomic adjustments.

## STATS

- Statistics Canada reported in 2021 that 20% of school-aged children experienced musculoskeletal pain linked to improper posture during computer use or backpack carrying.
- The Bureau of Labor Statistics (BLS) noted in 2020 that 30%

of musculoskeletal injuries among school staff (e.g., teachers, custodians) were related to poor ergonomic practices, such as prolonged sitting or awkward postures.

- WorkSafeBC reported in 2022 that approximately 2,500 school staff claims annually in British Columbia were for MSDs, with poor posture during seated tasks or lifting cited as a key contributor.
- A 2021 NIOSH study indicated that 35% of school employees in computer-based roles experienced neck or shoulder pain due to non-ergonomic workstation setups.
- The Canadian Centre for Occupational Health and Safety (CCOHS) stated in 2022 that 45% of school staff in administrative or teaching roles reported discomfort from prolonged static postures, preventable with ergonomic interventions.
- A 2023 report from the American Academy of Pediatrics found that 15% of students using laptops or tablets in non-ergonomic school settings reported wrist or hand discomfort linked to repetitive motions.