Preventing Back Injuries Stats and Facts

FACTS

- 1. Factors such as aging, obesity and poor physical condition can contribute to back pain.
- 2. Back pain is one of most common reasons people see a doctor or miss days at work.
- 3. 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.
- 4. Pain in the upper back is usually the result of poor posture, muscle overuse, or injury.
- 5. A traumatic injury can also lead to back pain. This may be the result of situations that include:
 - car accidents
 - slip/fall
 - work accidents
 - lifting incorrectly
- 1. A herniated disc can slip far enough out that it compresses the nearby nerve and cause:
 - pain in the arms or legs
 - problems in controlling urination
 - weakness or loss of control in legs

STATS

- More than one million back injuries are sustained in the workplace annually.
- According to the Bureau of Labor Statistics (BLS), a backrelated injury accounts for one in every five injuries and illnesses at work.

- •BLS ran a survey and discovered that 80% of these injuries were to the lower back and 75% of these happened during lifting tasks.
- These injuries affect more than 600,000 American workers per annum, to the tune of more than \$50 billion each year.
- 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.
- Up to 1/3 of back injuries could be prevented through a better designed job workspace.
- Back injuries are the most common reason for nonattendance in the general workforce, after the common cold.
- Low back pain is the single leading cause of disability worldwide.
- Back injuries made up 41% of ergonomic injury cases.
- Back disorders account for over 24% of all occupational injuries and illnesses involving days away from work.