Preventing 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 also contribute to back pain
5. 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.
6. Pain in the upper back is usually the result of poor posture, muscle overuse, or injury.
7. Herniated discs are more common in the lower back but may sometimes happen in the upper back too.

A herniated disc can slip far enough out that it compresses the nearby nerve. A pinched nerve in the middle back may cause:

- numbness and pain in the arms or legs
- problems with controlling urination
- weakness or loss of control in the legs

STATS

- According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses.

- More than one million back injuries are sustained in the workplace annually.
- According (BLS), a back-related injury accounts for one in every five injuries and illnesses at work.
- A back injury is the top cause of a ‘job-related disability’ and a large contributor to missed work days.
- One in every five injuries and illnesses in the workplace is for this very reason.
- 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.
- More than one million back injuries are sustained in the workplace every year
- Back injuries account for one in every five injuries and illnesses in the workplace.
- Back injuries are the common reason for nonattendance at work, after the cold.
- Low back pain is the single leading cause of disability worldwide.