## 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.