# Preventing Strains and Sprains Stats and Facts

## FACTS

1. Excessive Force: Many work tasks require high force loads on the human body. Muscle effort increases in response to high force requirements, increasing associated fatigue which can lead to MSD.
2. Excessive Repetition: High task repetition, when combined with other risks factors such high force and/or awkward postures, can contribute to the formation of MSD.
3. Awkward Posture: Awkward postures place excessive force on joints and overload the muscles and tendons around the affected joint. Joints of the body are most efficient when they operate closest to the mid-range motion of the joint.
4. Slip, trip and fall hazards increase risk of a sudden / acute soft tissue injury.
5. Sprains and strains are considered acute soft tissue injuries, meaning they are a result of sudden trauma such as falls, twists, or blows to the body.
6. Back and hamstring muscle strains are common.

## STATS

- The Bureau of Labor Statistics reports that 443,560 sprain, strain and tear cases resulting in days away from work were reported in private industry during a single year.
- In 36 % of these cases – or nearly 160,000 – the workers injured their backs.
- Sprains, tears, and strains (approximately 35 incidents per 10,000 full-time workers).
- About 25,000 laborers sprain an ankle every day.
- Sprains and strains are the most common workplace injuries.
- Around 628,000 sprains happen annually.
- Those 77,490 injuries and illnesses that required days away

from work resulted in 21,230 sprains, strains and tears; 14,300 incidences of soreness or pain; 10,180 cuts, lacerations, and punctures; and 9,920 fractures.