Repetitive Strain Injuries Stats and Facts

FACTS

1. RSIs are related to the overuse of muscles and tendons in the upper body.

The risk of RSIs is increased by:

- repetitive activities
- doing a high-intensity activity for a long time without rest
- poor posture or activities that involve working in an awkward position

2. Cold temperatures and vibrating equipment are also thought to increase the risk of getting RSIs and can make the symptoms worse. Stress can also be a contributing factor.

3. Jobs that involve repetitive movements can lead to RSIs, such as working on an assembly line, at a supermarket checkout or on a computer.

4. Your work environment should be as comfortable as possible. You should ideally have a workplace assessment so that any adjustments needed can be made.

STATS

- Almost 2 million US workers suffer from RSI’s like carpal tunnel syndrome (CTS) and tendinitis each year. 600,000 workers take time off work each year to recuperate and treat their RSI.
- According to the Trades Union Congress (TUC), 1 in every 50 workers has reported experiencing RSI symptoms. These numbers are even higher in industries like computer operation where the prevalence is as high as 1 in every 4

employees.

- Wrists are the most common RSI trouble spot: A survey on RSI trouble spots found that wrist pain is the most common point of pain out of all RSI related injuries.
    - Wrists – 69%
    - Fingers – 29%
    - Forearms – 23%
- A workforce survey by the Federal Institute for Occupational Safety and Health found that 63.5% of women experience neck and shoulder pain while only 39.7% of men do. The same goes for back pain, which is more common in women (51.4%) than men (44%).
- Most injuries take an average of 9 days for full recovery while RSI’s require 23 days off work on average.
- Data shows that 6 employees are estimated to quit their jobs each day due to RSI.