## Six Facts on Occupational Injuries

Odds of winning the lottery: 1 in 135,145,920 (multi-state, megamillions jackpot)

Odds of sustaining a back injury or back pain at some point in life: Between six in 10 and eight in 10. (American College of Sports Medicine)

- 1. Repetitive strain injuries are the number one cause of occupational health problems and the most costly.
- 2. Musculoskeletal disorders are the number two cause of lost workdays, behind the common cold.
- 3. Ten percent of Canadian adults have experienced a repetitive strain injury significant enough to limit his or her normal activities.
- 4. Twenty percent of all workplace injuries involve the back.
- Nearly 50 percent of all food cashiers have been diagnosed with carpal tunnel syndrome or other musculoskeletal disorders.
- 6. Women experience 66 percent of all work-related repetitive strain injuries.