Six Facts on Occupational Injuries

Odds of winning the lottery: 1 in 135,145,920 (multi-state, mega-millions 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.
5. 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.