The ‘New Normal’ of Hybrid Work HomeOffice Ergonomics & Hazards Fatality File

Remote Employee Develops Severe Back Injury Due to Poor Home Office Ergonomics

A remote administrative employee began working from home full-time and set up their workstation at a kitchen table using a standard chair with no lumbar support. The laptop was placed directly on the table, forcing the worker to look down for long periods while typing and attending virtual meetings. Over several weeks, the employee worked extended hours with minimal breaks, often remaining seated for long periods without adjusting posture.

Gradually, the worker developed lower back pain and stiffness, which worsened into chronic pain and limited mobility. Eventually, the employee sought medical attention and was diagnosed with a work-related musculoskeletal disorder (lumbar strain with nerve involvement). The condition required time off work, physical therapy, and workplace adjustments. The injury was linked directly to poor workstation setup, prolonged sitting, and lack of ergonomic support.

Source: https://www.cdc.gov