Back to Basics: Ergonomics for Warehouse, Office and Field Staff Stats and Facts



FACTS

1. **Improper Lifting Technique:** Bending at the waist instead of using the legs increases spinal compression and raises the risk of sudden back strain.
2. **Repetitive Motion Overload:** Continuous scanning, typing, steering, sorting, or tool use breaks down tendons and muscles when recovery time is too short.
3. **Awkward Posture Stress:** Twisting, reaching overhead, slouching, or working with arms extended puts excessive load on shoulders, neck, and lower back.
4. **Static Position Fatigue:** Long periods of sitting at a desk, standing at a workstation, or holding equipment create muscle tightness and circulatory strain.
5. **High-Frequency Handling:** Fast-paced warehouse tasks—picking, packing, stacking—cause cumulative micro-tears that can develop into musculoskeletal disorders.
6. **Poor Workspace Setup:** Screen height, chair angle, workstation height, and tool placement directly impact posture and increase repetitive-strain risk.

STATS

- Musculoskeletal disorders (MSDs) account for over 30% of all workplace injuries requiring time away from work in the United States (BLS, 2022).
- More than 285,000 U.S. workers experienced ergonomic-related injuries—like sprains, strains, and repetitive-motion injuries—in 2022 (BLS).
- 70% of US and Canadian workers report their workplaces have never been ergonomically assessed, contributing to higher MSD rates in field staff like construction (55% back pain from lifting) and office roles (cervical pain in 88.8% of women).
- Warehouse and logistics workers have MSD rates 2–3 times higher than the average U.S. worker due to high-frequency manual handling (NIOSH).
- Canadian workplaces report that MSDs represent up to 40% of all accepted lost-time claims, especially in warehousing, healthcare, transportation, and construction (CCOHS/WSIB).

- Office-related repetitive-strain injuries account for tens of thousands of annual claims across Canada, with neck and wrist injuries being most common (Canadian OHS agencies).