Bending, Lifting, and Carrying Little Ones: Preventing Back and Shoulder Injuries Stats and Facts



FACTS

- Repetitive lifting is a leading cause of childcare injuries.
- Back and shoulder injuries often develop gradually.
- Awkward postures increase spinal load.
- Early reporting reduces long-term injury risk.
- Safe movement protects career longevity.

STATS

- U.S. BLS data shows musculoskeletal disorders account for nearly 30% of injuries requiring time away from work.
- NIOSH identifies lifting, bending, and twisting as primary causes of back injury in care professions.
- Education and care roles experience higher-than-average rates of shoulder and back strain.
- Canadian compensation data reflects similar injury patterns in childcare workers.
- The median time away from work for back injuries in the U.S. is 12 days, highlighting the severity of strain-related incidents (BLS).
- In Canada, musculoskeletal injuries represent 30–40% of accepted lost-time claims, with manual handling a primary contributor, summarized by the Canadian Centre for Occupational Health and Safety.