# By the Numbers – Ergonomics



**DID YOU KNOW?**

The goal of ergonomics (i.e. the scientific study of people at work) is to prevent soft tissue injuries and musculoskeletal disorders (MSDs) caused by sudden or sustained exposure to force, vibration, repetitive motion, and awkward posture. To create an ergonomically sound work environment, NIOSH ergonomists and industrial hygienists recommend designing tasks, work spaces, controls, displays, tools, lighting, and equipment to fit employee's physical capabilities and limitations. On this page you will find the Musculoskeletal Health Program's ergonomic recommendations and musculoskeletal health-related research.

**Interesting Ergonomics Industry Statistics**

- Ergonomics-related injuries accounted for over 380,000 days-away-from-work cases in 2013, which was the last year data was made available. That means 1 in every 3 cases are because of an ergonomics issue. (Bureau of Labor Statistics)
- Carpel tunnel syndrome may affect as many as 1.9 million people in the United States. Doctors perform up to
- 500,000 surgeries each year to correct this issue. (Centers for Disease Control and Prevention [CDC])
- In 2001, there were almost 27,000 CTS cases which involved days away from work, averaging 25 days away compared to just 6 days for all non-fatal illnesses and injuries. (Bureau of Labor Statistics)
- Two occupational groups account for 70% of all CTS cases that are recorded each year: administrative, sales, and…