Dont Take Back Problems Sitting Down Stats and Facts



FACTS

Factors that contribute to back pain at work.

1. Force. Exerting too much force on your back – such as by lifting or moving heavy objects – can cause injury.
2. Repetition. Repeating certain movements, especially those that involve twisting or rotating your spine, can injure your back.
3. Inactivity. An inactive job or a desk job can contribute to back pain, especially if you have poor posture or sit all day in a chair with inadequate back support.

Back pain and lifestyle factors

1. Aging, obesity and poor physical condition also contribute to back pain
2. Back pain can range in intensity from a dull, constant ache to a sudden, sharp or shooting pain. It can begin suddenly as a result of an accident or by lifting something heavy, or it can develop over time as we age.
3. Pain in the upper back is usually the result of poor posture, muscle overuse, or injury.
4. Up to 1/3 of back injuries could be prevented through a better designed job workspace.
5. Back injuries are the most common reason for nonattendance in the general workforce, after the common cold.
6. Low back pain is the single leading cause of disability worldwide.

STATS

- People in the study ages 70 and older who reported having back or neck pain in the previous month were 13 percent more likely to die each year from any cause, compared with people who didn’t have back pain.
- According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses.
- BLS ran a survey and discovered that 80% of these injuries were to the

lower back and 75% of these happened during lifting tasks.

- Experts estimate that up to 80% of the population will experience back pain at some time in their lives.
- 54% of Americans who experience pain spend most of their day at work sitting.