Micro-breaks & Recovery: Preventing Fatigue and Overuse Injury Stats and Facts

FACTS

- **Repetitive Motion Strain:** Performing the same movements continuously without breaks increases stress on muscles and tendons, leading to overuse injuries.
- **Prolonged Static Postures:** Holding the same position for extended periods reduces blood flow and accelerates muscle fatigue and discomfort.
- **Cumulative Fatigue:** Fatigue builds gradually throughout a shift when recovery time is not provided, increasing the likelihood of errors and injuries.
- **Reduced Reaction Time:** Physical and mental fatigue slows response time, raising the risk of incidents in both low- and high-risk tasks.
- **Muscle Imbalance and Tension:** Continuous work without recovery leads to tight, overworked muscle groups and increased strain on joints.
- **Decreased Concentration:** Lack of breaks reduces focus and awareness, making it easier to miss hazards or make unsafe decisions.
- **Delayed Injury Onset:** Overuse injuries often develop slowly, meaning workers may not recognize the risk until significant damage has occurred.

STATS

- In the United States, **musculoskeletal disorders account for nearly 30% of all workplace injuries requiring days away from work**, many linked to repetitive tasks and lack of recovery time (U.S. Bureau of Labor Statistics, 2022–2023).
- U.S. data shows that overexertion and repetitive motion are among the leading causes of workplace injuries, resulting in thousands of cases each year (BLS, 2021–2023).
- In Canada, **musculoskeletal injuries are the most common type of lost-time workplace injury**, frequently associated with repetitive work and insufficient rest (Association of Workers’ Compensation Boards of Canada, recent years).
- U.S. occupational data indicates that **fatigue contributes to a significant**

portion of workplace incidents, affecting attention, coordination, and decision-making (National Safety Council, 2021–2023).

- In Canada, workplace data shows that r**epetitive strain injuries and overexertion account for a large share of compensation claims annually**, particularly in manual and office-based roles (AWCBC, 2021–2023).