Posture and Ergonomics – School Safety Fatality File



Teacher Suffers Career-Ending Injury Due to Poor Posture and Inadequate Workspace

Sarah worked at a large high school, spending most of her day sitting at her desk, grading papers, and interacting with students. The school's budget constraints meant that she was provided with a basic, non-adjustable chair, and the desks were also fixed in height. Over time, Sarah developed a habit of hunching over, slumping in her chair, and not taking regular breaks to stand or stretch.

Initially, she dismissed the growing discomfort in her back as fatigue, but the pain persisted and intensified. Ignoring her body's signals, she continued to work in the same posture, eventually experiencing a sharp pain in her lower back that forced her to seek medical attention.

The doctor diagnosed her with a herniated disc, a serious condition caused by the compression and damage of the spinal discs. The injury was directly linked to her poor posture, prolonged sitting, and the lack of ergonomic support in her workplace.

Source: Pmc.ncbi.nlm.nih.gov