The Cost of Ergonomic Related Injuries in the Workplace



Musculoskeletal disorders (MSDs) cost the United States and Canada approximately $45-$55 billion per year. In fact, 80 percent of adults injure their backs at some point in their lives. These injuries could be greatly reduced with training, knowledge, and preventative maintenance.
Six occupations accounted for 26 percent of the MSDs:

1. Nursing assistants
2. Laborers
3. Janitors and cleaners
4. Heavy and tractor-trailer truck drivers
5. Registered nurses
6. Stock clerks

Five of which are also deemed essential services during the COVID-19 pandemic.

Many people develop MSDs because they continue to do their jobs regardless of the correct posture or proper way the task should be done. What's worse, as workers transition into shift work or telecommuting to accommodate health & safety concerns during the pandemic, the combination of poor ergonomic behavior at home and stress is leading to an uptick in injuries at a time that your business cannot afford any more lost time or productivity.

Just "getting the job done" should not be the workers' primary goal. Instead, the focus should be on getting the job done in the safest way possible. Performing a job "incorrectly" is not as difficult as one might think. As yourself, are employees lifting in the proper manner? While typing, are their wrists resting down on the table, causing contact stress?

Taking the time to focus on safety training and preventative care can help workers and employers avoid unnecessary pain and expenses.

Download our ergonomic report to quickly train employees, identify the risks, and implement some best practices to help you control this hazard.

While 90% of your energy is focused on this pandemic and return-to-work, we're here to help make sure your workers are working correctly so you aren't hit in your blind spot with ergonomic injuries.