The ‘New Normal’ of Hybrid Work HomeOffice Ergonomics & Hazards Stats and Facts



FACTS

- **Poor Workstation Setup:** Improper desk, chair, and screen positioning at home can lead to musculoskeletal strain in the neck, back, and shoulders.
- **Prolonged Sitting:** Extended periods without movement increase the risk of fatigue, reduced circulation, and chronic pain.
- **Inadequate Lighting:** Poor lighting conditions can cause eye strain, headaches, and reduced focus during tasks.
- **Trip and Electrical Hazards:** Loose cables, overloaded outlets, and cluttered workspaces increase the risk of trips, falls, and electrical incidents.
- **Blurring of Work-Life Boundaries:** Lack of separation between work and personal space can lead to longer hours, fatigue, and reduced recovery time.
- **Mental Fatigue and Isolation:** Working remotely without regular interaction can increase stress, distraction, and reduced attention to safety.
- **Improper Equipment Use:** Using non-ergonomic furniture or devices not designed for prolonged work can contribute to repetitive strain injuries.

STATS

- In the United States, **musculoskeletal disorders account for nearly 30% of all workplace injuries requiring days away from work**, including those related to poor ergonomics in remote settings (U.S. Bureau of Labor Statistics, 2022–2023).
- U.S. occupational data shows that **overexertion and bodily reaction injuries remain among the leading causes of workplace injuries**, often linked to poor workstation ergonomics (BLS, 2021–2023).
- In Canada, **musculoskeletal injuries are the most common type of lost-time workplace injury**, frequently associated with workstation setup and repetitive tasks (Association of Workers’ Compensation Boards of Canada, recent years).
- Canadian data indicates that **workers in administrative and remote roles**

report high rates of discomfort and strain injuries, particularly in home-based work environments (AWCBC and occupational health reports, 2021–2023).
- U.S. data shows that **work-related fatigue and extended work hours contribute to increased risk of injury and reduced productivity**, especially in remote or hybrid work arrangements (National Safety Council, recent years).