Get the Facts: Musculoskeletal Injuries

Musculoskeletal disorders (MSDs), also commonly known as ergonomic injuries, are complex ailments resulting from exposures to repetitive movements, awkward or static postures and forceful exertions. They're also pervasive. These injuries may include rotator cuff tears, back strains, carpal tunnel syndrome and are the most common causes of disability and early retirement among workers.

Understanding the facts and scope of these injuries can assist you in recognizing risk factors in your environment – ultimately helping to prevent injuries for yourself and others.

Musculoskeletal injuries and illnesses involving days away from work in 2020

- **247,620** MSD injuries or illnesses involving days away from work
- **Typical work days lost:** 14
- **Part of body affected**
  - Upper extremities – primarily shoulder: 31%
  - Trunk – primarily back: 47%
  - Lower extremities – primarily knee: 16%
- **Top 3 injury events**
  - Overexertion involving outside sources: 70%
  - Other exertions or bodily reactions: 20%
  - Repetitive motion involving microtasks: 7%
- **Top 3 industries affected**
  - Trade, transportation and utilities: 89,360
  - Education and health services: 61,910
  - Manufacturing: 33,100
- **Genders affected**
  - 38.6% Male
  - 61.4% Female
- **Age groups affected**

Visit MSD Solutions Lab at nsc.org/msd for the latest resources.