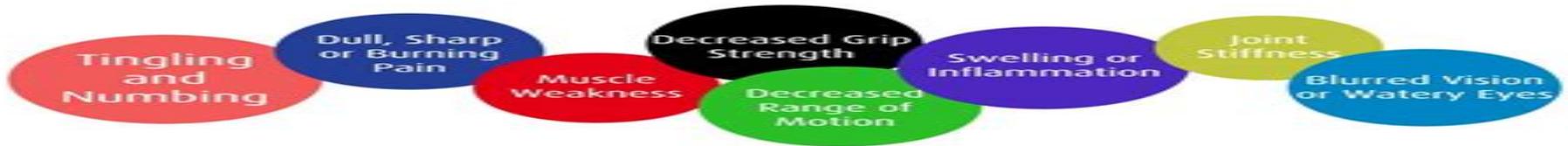


COMMON ERGONOMIC PROBLEMS AND THE WORKERS MOST AT RISK

MOST COMMON SYMPTOMS OF ERGONOMIC ISSUES



INDUSTRIES AND OCCUPATIONS MOST AT RISK

TOP 5 INDUSTRIES WITH MOST CASES OF MUSCULOSKELETAL DISORDERS ANNUALLY



Healthcare workers rank #1 for most cases of MSDs annually ⁵



34% of all lost workdays are due to work-related musculoskeletal disorders ⁶



60% of US computer workers complain of wrist pain ⁷



MOTIONS THAT LEAD TO ERGONOMIC INJURIES

01 PROLONGED REPETITIVE TASKS



02 SUSTAINED AWKWARD OR STATIC POSTURE



03 VIBRATION



04 EXERTING TOO MUCH FORCE



HIGH RISK OCCUPATIONS TO WATCH OUT FOR

01 CONSTRUCTION WORKERS

Often subjected to awkward positions, lifting heavy loads, repetitive arm-hand movements, and controlling vibrating hand tools.

41.7% of construction workers have back injuries, 12.4% have knee injuries, and 45.6% have arthritis ⁸



02 OFFICE WORKERS

Spend the majority of their time sitting or operating a computer, leading to repetitive strain injuries such as CTS, neck and back pain, radial tunnel syndrome (RTS), tendonitis, and digital eye strain.

60% of US computer workers complain of wrist pain ⁷



03 HEALTHCARE PROFESSIONALS

Constantly exposed to overexertion and awkward postures such as patient handling, moving machines, working in cramped areas, and standing for prolonged periods of time.

Healthcare as an industry ranks #1 for instances of musculoskeletal disorder among workers ⁵



04 CASHIERS AND RETAIL WORKERS

Cashiers often develop CTS due to repetitive scanning of products. Baggers and shelf stockers are more prone to low back pain, tendonitis, and herniated discs.

Retail Trade ranks #2 for most instances of musculoskeletal disorders ⁹ 31% of full-time cashiers exhibit symptoms of CTS ⁷



05 MANUFACTURING WORKERS

Workers in the manufacturing industry are subject to sustained fine motor and repetitive work. In addition, many have to operate machinery and handle heavy loads.

Manufacturing ranks #3 for most instances of musculoskeletal disorders ⁹



06 MAIDS AND CLEANERS

Maids and house cleaners frequently perform repetitive swiping motions and assume awkward positions to clean hard to reach areas at work.

90% of cleaners report occupational musculoskeletal discomfort in at least one part of the body ¹⁰



07 TRUCK, BUS, AND TAXI DRIVERS

Workers in the transportation industry such as drivers sit for long periods of time and are exposed to constant whole-body vibration. As such, back injuries, hip pain, arthritis, and vibration disease are common.

The prevalence of low back pain over 12 months for truck drivers is 60% ⁹



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Ergonomic Problems In The Workplace

Wenbin Ji

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