

# WHAT ARE MUSCULOSKELETAL DISORDERS (MSDs) ?

**MSDs ARE INJURIES OR DISORDERS OF**



MUSCLES



NERVES



TENDONS

**MSDs ARE THE MOST COMMON WORKPLACE INJURY**

**IMMIGRANT WORKERS, WORKERS OF COLOR & LOW WAGE WORKERS ARE LESS LIKELY TO REPORT MSD INJURIES**

**BACK PAIN IS THE MOST COMMON MSD WORLDWIDE**

**BARRIERS TO REPORTING:  
FEAR OF DISCRIMINATION  
FEAR OF JOB LOSS  
FEAR OF WAGE LOSS  
MEDICAL COSTS  
LANGUAGE BARRIERS**



JOINTS



CARTILAGE



SPINAL DISCS

**INJURIES CAUSED BY HEAVY LIFTING COST U.S. EMPLOYERS OVER \$13 BILLION**



**INJURIES CAUSED BY AWKWARD POSTURES COST U.S. EMPLOYERS OVER \$4.7 BILLION**



**INJURIES CAUSED BY REPETITIVE MOTIONS COST U.S. EMPLOYERS OVER \$1.6 BILLION**



**IN 2020 ALONE, U.S. PRIVATE SECTOR WORKERS EXPERIENCED**

**247,620**

**NON-FATAL MSD INJURIES SEVERE ENOUGH TO REQUIRE DAYS AWAY FROM WORK**



**MEDIAN ABSENCE**

**14 DAYS**

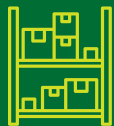
**\$2**

**ERGONOMIC SOLUTIONS CAN SAVE EMPLOYERS \$\$\$ AND IMPROVE QUALITY OF LIFE FOR ALL WORKERS**

**RETURN ON EVERY DOLLAR SPENT ON INTERVENTION**



**SCHEDULE BREAKS**



**STORE ITEMS OFF THE FLOOR**



**ADJUST WORKSTATIONS**



**PURCHASE ERGONOMIC EQUIPMENT & FURNITURE**



**SWITCH UP POSITIONS & WORK TASKS**



**LIGHTEN LOADS FOR LIFTING**

**LEARN MORE**

**REFERENCES**

**nsc.org/msd**

**CENTERS FOR DISEASE CONTROL AND PREVENTION (2020)**

<https://www.cdc.gov/workplacehealthpromotion/health-strategies/musculoskeletal-disorders/index.html>  
<https://www.cdc.gov/niosh/programs/msd/description.html>

**LIBERTY MUTUAL INSURANCE (2021)**

<https://www.business.libertymutual.com/insights/2021-workplace-safety-index-the-top-10-causes-of-disabling-injuries/>

**NATIONAL SAFETY COUNCIL (2014 & 2020)**

<https://www.nsc.org/wp-content/uploads/2020/09/Business-Case-for-I2P21.pdf>  
<https://injuryfacts.nsc.org/work/safety-topics/musculoskeletal-injuries/>