

Musculoskeletal Disorders In the Workplace



Musculoskeletal disorders (MSDs) are injuries that affect the human body's movement, involving the tendons, nerves, muscles, joints, cartilage and supporting structures of the arms, legs, neck and lower back. These disorders are often caused or aggravated by prolonged exposure to intense and repetitive movements.



Musculoskeletal disorders are responsible for nearly **30%** of all workers' compensation costs, making it the largest category of workplace injuries.

MSD cases require **38%** more lost time days than the average injury/illness.

Direct costs of MSDs are **\$20** billion a year. Indirect costs (lost productivity, product defects, etc.) of an MSD case can be up to **5X** the direct costs.

Sources: Bureau of Labor Statistics, 2018
Ergonomics Center at North Carolina State University, 2021



Onsite Stretch, Flex, & Focus Session

We can help!

Whether your employees are hunched over a computer screen for hours a day or twisting and lifting heavy materials in the warehouse, a comprehensive wellness program that focuses on injury prevention, stress management and ergonomics can prevent incidence and improve management of MSDs.

Our Initiatives

- 1-on-1 & Group Health Coaching
- Onsite EMTs
- Stretch, Flex, & Focus Sessions
- Ergonomics Webinars & Handouts

... and much more!

After implementing an onsite, comprehensive wellness program:

▼ **26.7%**
LOW BACK PAIN

▼ **53.8%**
PERSONAL SAFETY

▼ **9.3%**
ARTHRITIS

▼ **48.8%**
LIFE DISSATISFACTION

▼ **19.8%**
PRESENTEEISM

▼ **22.4%**
NEGATIVE HEALTH PERCEPTION

As employees reduce fatigue and pain from these disorders, they are more focused and more likely to report higher quality of life.

