

# Office Ergonomics

## 10 Things You Should Know

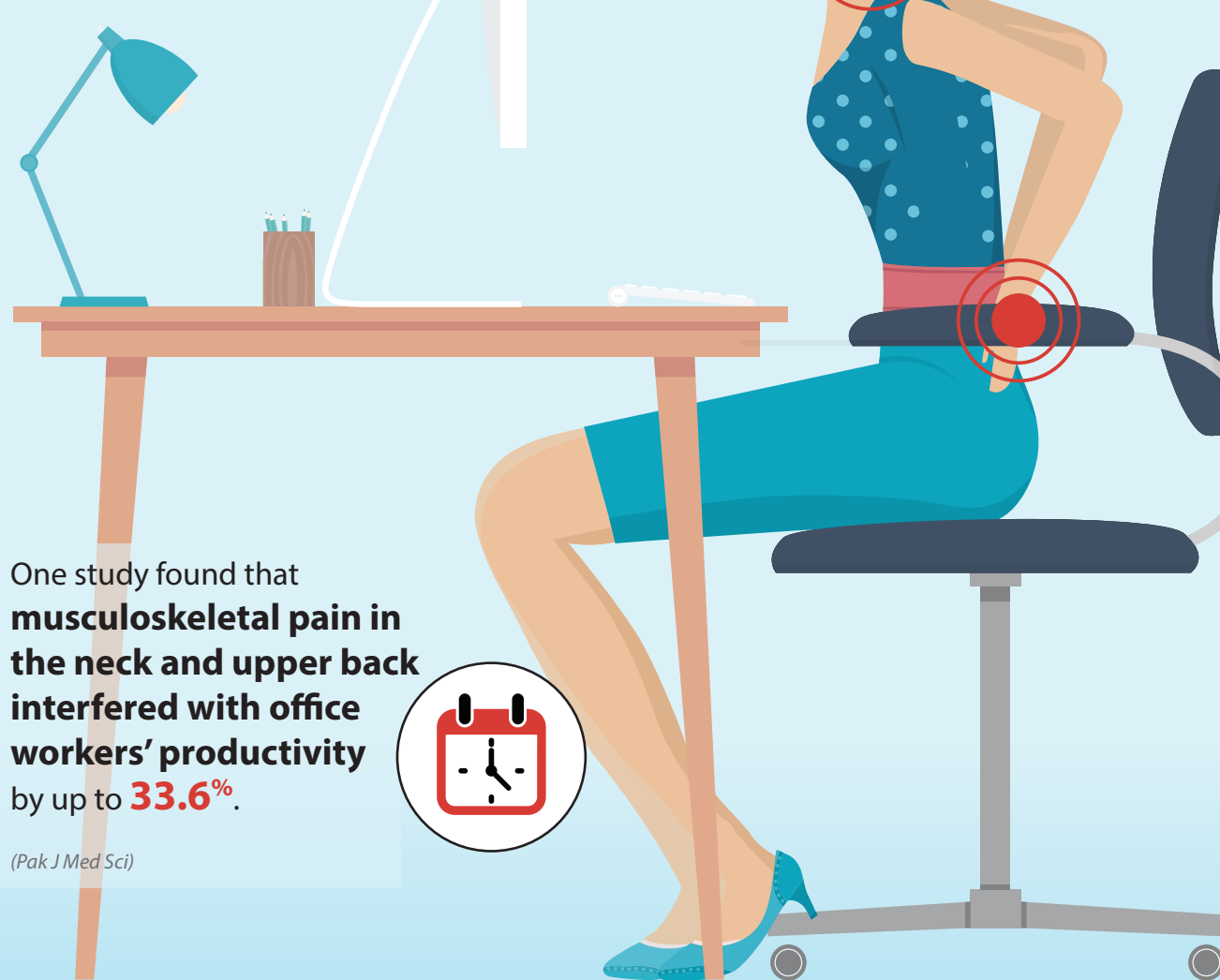
**1** Musculoskeletal disorders account for **40%** of annual cost from all occupational injuries in the United States.

*(Liberty Mutual Insurance Company)*



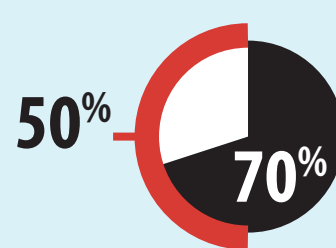
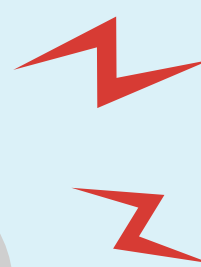
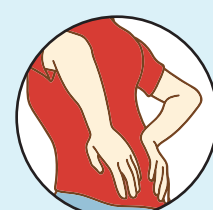
**2** It is estimated that **50%** of all musculoskeletal disorders are not reported.

*(National Research Council and Institute of Medicine)*



**3** Up to **57%** of office workers may experience discomfort in the neck, back, or shoulders due to poor postures at their desks and prolonged sitting with infrequent rest breaks.

*(Journal: Work)*

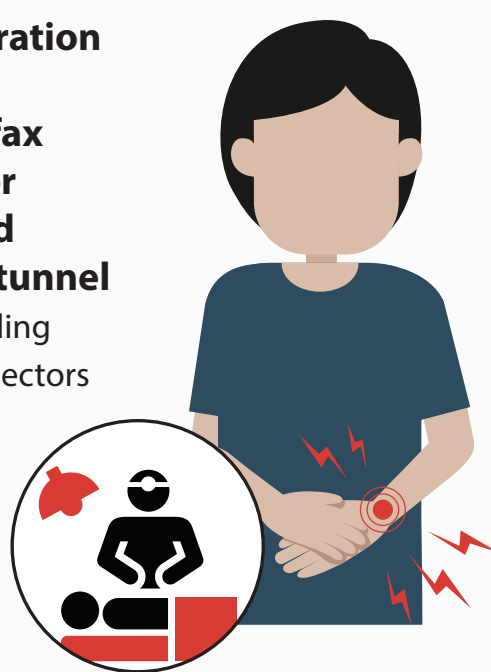


**5** The average adult now spends **50-70%** of the workday sitting.

*(Global Workplace Analytics)*

**6** One study found that operation of office and business machinery (copy and fax machines) accounts for **42%** of all work-related occurrences of carpal tunnel syndrome and is the leading cause across all economic sectors outside of construction.

*(Am J Ind Med)*



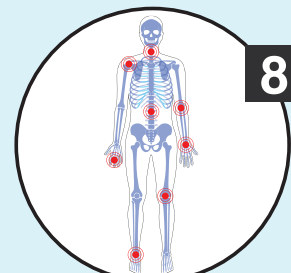
**7** Carpal tunnel syndrome costs businesses up to **\$60,000** per occurrence in direct and indirect costs and requires an average of 25 days away from work to recuperate. All other nonfatal injury and illness cases combined averaged only 6 days away from work.

*(Centers for Disease Control)*



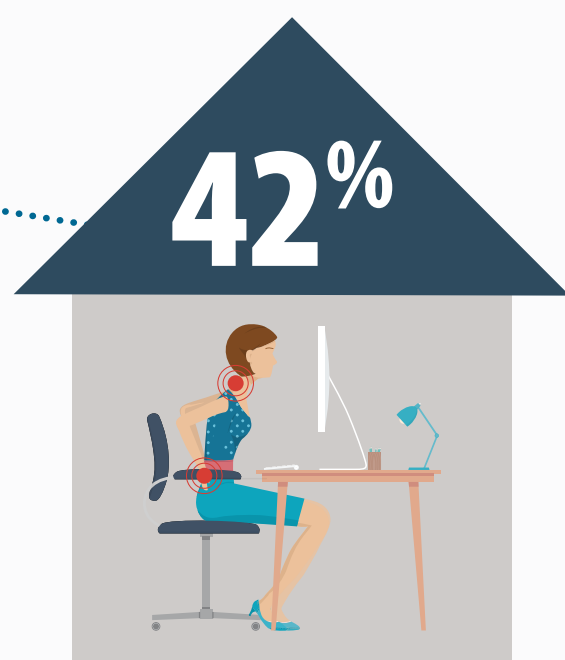
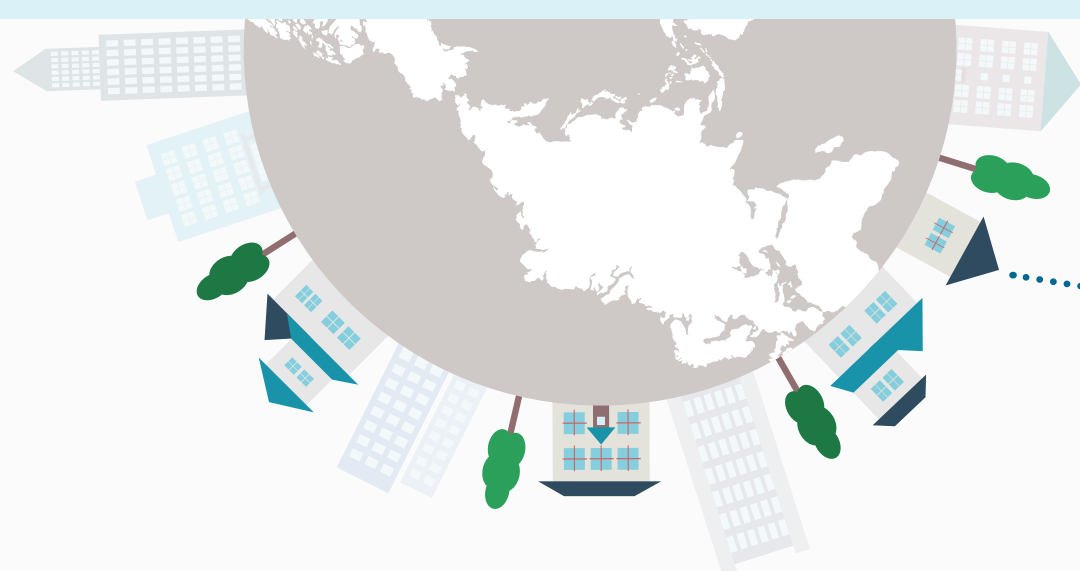
**8** By the year 2030, 20% of the population will be over age 65, and **25%** of the adult population will suffer from chronic MSD conditions, such as arthritis. People under the age of 65 account for two thirds of arthritis cases.

*(Centers for Disease Control)*



**9** **42%** of U.S. and **88%** of global office workers are now working from home or telecommuting full time.

*(Stanford Institute for Economic Policy Research)*



**10** Office ergonomics programs have been proven to reduce work-related injury claims and costs by **50-75%**!

*(United States General Accounting Office)*



Learn how to do ergonomics right.

LEARN MORE

