

General Back Injury Statistics:

- Back injuries are the most common reason for nonattendance in the general workforce, after the common cold.ⁱ
- About 80 percent of adults are estimated to experience a back injury in their lifetime, and about 10 percent will suffer a re-injury.ⁱ
- In the United States, back disorders account for over 24 percent of all occupational injuries and illnesses involving days away from work, according to the National Institute of Occupational Safety and Health's (NIOSH) Worker Health Chartbook, 2004.ⁱ
- Workers in the Healthcare industry sustain 4.5 times more overexertion injuries than any other type of worker.ⁱ
- It was determined in a recent study that up to one-third of compensable back injuries could be prevented through better job design (ergonomics).ⁱⁱ

For more information on back injury and the neuroscience services offered at Cone Health, visit <http://www.conehealth.com/neurosciences> or call (336)832-7000.

Sources:

ⁱ Premier Inc, *Back Injury Prevention*, https://www.premierinc.com/safety/topics/back_injury/

ⁱⁱ U.S. Department of Labor, *Back Injuries- The Nations #1 Workplace Safety Problem*, <http://www.ehs.okstate.edu/training/oshaback.htm>