

WHAT ARE MUSCULOSKELETAL DISORDERS (MSDs)?

MSD Solutions Lab
an nsc program powered by amazon

MSDs ARE INJURIES OR DISORDERS OF



MUSCLES



NERVES



TENDONS



JOINTS



CARTILAGE



SPINAL DISCS

MSDs ARE THE
MOST COMMON
WORKPLACE INJURY

BACK PAIN
IS THE MOST COMMON

MSD
WORLDWIDE

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

BARRIERS TO REPORTING:

**FEAR OF DISCRIMINATION
FEAR OF JOB LOSS
FEAR OF WAGE LOSS
MEDICAL COSTS
LANGUAGE BARRIERS**

INJURIES CAUSED BY
HEAVY LIFTING
COST U.S. EMPLOYERS NEARLY
\$12.5 BILLION



INJURIES CAUSED BY
AWKWARD POSTURES
COST U.S. EMPLOYERS NEARLY
\$3.7 BILLION



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



IN 2021 & 2022, U.S. PRIVATE
SECTOR WORKERS EXPERIENCED

520,380

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



MEDIAN
ABSENCE

**14
DAYS**

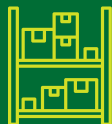
\$2

RETURN ON
EVERY DOLLAR
SPENT ON
INTERVENTION

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



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

<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://business.libertymutual.com/insights/2024-workplace-safety-index/>

NATIONAL SAFETY COUNCIL

<https://injuryfacts.nsc.org/work/safety-topics/musculoskeletal-injuries/>

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION

<https://www.osha.gov/businesscase>