

# WHAT ARE MUSCULOSKELETAL DISORDERS (MSDs) ?

## 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

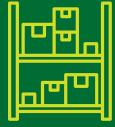
**\$2**

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](https://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>