



Get the Facts: Musculoskeletal Injuries

Musculoskeletal disorders (MSDs), also commonly known as ergonomic injuries, are complex ailments resulting from exposures to repetitive movements, awkward or static postures and forceful exertions. They're also pervasive. These injuries may include rotator cuff tears, back strains, carpal tunnel syndrome and are the most common causes of disability and early retirement among workers.

Understanding the facts and scope of these injuries can assist you in recognizing risk factors in your environment – ultimately helping to prevent injuries for yourself and others.

Musculoskeletal injuries and illnesses involving days away from work in 2020

247,620

MSD injuries or illnesses involving days away from work

Typical work days lost: 14

Top 3 injury events

Overexertion involving outside sources

70%

Other exertions or bodily reactions

20%

Repetitive motion involving microtasks

7%

Top 3 industries affected

Trade, transportation and utilities

89,360

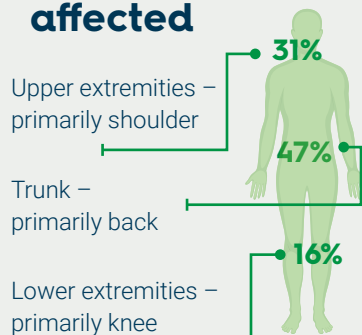
Education and health services

61,910

Manufacturing

33,100

Part of body affected



Genders affected



Age groups affected



Visit [MSD Solutions Lab at nsc.org/msd](https://nsc.org/msd) for the latest resources.

Source: Bureau of Labor Statistics, U.S. Department of Labor 2020 data reflecting injuries in the private sector

