

## FEATURED ARTICLE



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Educational Programs  
(CEU's)

## Musculoskeletal (MSD) Injuries in the Workplace:

**Musculoskeletal (soft tissue) injuries are the single largest category of workplace injuries and are responsible for almost 33% of all worker's compensation costs. (Source: BLS)**

### MAGNITUDE OF THE PROBLEM

The only routinely collected national source of information about occupational injuries and illnesses of U.S. workers is the Annual Survey of Occupational Injuries and Illnesses conducted by the Bureau of Labor Statistics (BLS) of the U.S. Department of Labor. The survey, which BLS has conducted for the past 25 years, is a random sample of about 250,000 private sector establishments and provides estimates of workplace injuries and illnesses on the basis of information provided by employers from their OSHA Form 200 log of recordable injuries and illnesses. For cases involving days away from work, BLS reports that in 1994 (the last year of data available at the time this report was prepared), approximately 705,800 cases (32%) were the result of overexertion or repetitive motion. Specifically, there were;

- 367,424 injuries due to overexertion in lifting (65% affected the back).
- 93,325 injuries due to overexertion in pushing or pulling objects (52% affected the back).
- 68,992 injuries due to overexertion in holding, carrying, or turning objects (58% affected the back). Totaled across these three categories.

# Fit2WRK<sup>®</sup> CONNECTION

*"An integrated approach towards the evaluation, management  
& treatment of soft tissue injuries in the workplace."*

**Article Continued...**

- 47,861 disorders affected the shoulder.
- 83,483 injuries or illnesses in other and unspecified overexertion events.

The cumulative human and financial costs of these injuries is significant. Companies spend billions of dollars on medical costs and lose billions more on lost productivity. Workers have to deal with a painful injury and possibly surgery, prescription medications and all of the other side effects from this unnecessary experience. The answer to this common and costly problem is prevention. This directive benefits employees, their families and the business value in preventing these costly injuries while also improving human performance and productivity.

Musculoskeletal Disorders are injuries and disorders to the human bodies musculoskeletal, or movement, system — muscles, tendons, ligaments and nerves.

An integrated approach with Fit2WRK can not only deal with prevention for your existing employees, but is also a cost effective means to dealing with the post injury employees as they return back to work. For more information about Fit2wrk and its integrated Risk Mitigation Model [click here](#)



ITS Logistics is a third party logistics provider headquartered in Reno, Nevada. It offers comprehensive logistics solutions supporting warehousing and distribution, fulfillment, transportation, and planning of clients' supply chains. They essentially make the logistics world intelligent. Founded in 2000, they are privately held and provide intelligent solutions to businesses enabling growth and expansion.

ITS plays an integral role in the success of its clients such as Starbucks; "ITS has provided solutions that have reduced expenses, while enhancing service, and they are an integral part of the Starbucks' supply chain." Verral Dugger, Distribution Manager of Starbucks

***\*Being a  
truck driver is  
considered to  
be the most  
dangerous job in  
the United States!***

\*BLS used data from its Census of Fatal Occupational Injuries (CFOI) and Survey of Occupational Injuries and Illnesses (SOII). Truck drivers are roughly five times as likely to have a fatal work injury as the average worker. For truck drivers, 68 percent of the job related fatalities are from highway crashes, whereas overexertion is the leading nonfatal event, accounting for 29 percent of the incidents. Truck Drivers exceeded all other categories including construction workers, policemen, roofers and structural steel workers.

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[PTandMe.com](http://PTandMe.com)



***An informational site for patients  
interested in or considering  
physical, occupational,  
and/or hand therapy.***