

What are work-related musculoskeletal disorders?

Work-related musculoskeletal disorders (WRMSDs) are a group of disorders involving the musculoskeletal system and can present as aches and pains to numbness and limitations of movement.



Frequent or heavy lifting



Rapid motion



Prolonged static or awkward postures



Repetitive exertions



They are caused by factors such as

Vibration



Forceful activity



Insufficient rest



Contact stress



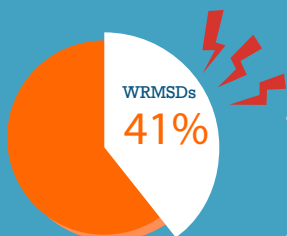
WRMSDs are also known as

Cumulative trauma disorders

Repetitive strain injuries

Repetitive motion illnesses

Are work-related musculoskeletal disorders a big problem in Singapore?



- Out of 4,500 employees surveyed in 2008, 6.9% had reported having a work-related health problem.
- WRMSDs were the main contributor, accounting for 41% of all work-related health problems reported.
- In 2011, the economic loss due to WRMSDs was estimated to be \$3.5 billion, equivalent to 1% of Singapore's GDP.
- In 2013, back injuries due to ergonomic risks accounted for more than 3,500 man-days lost.



How does this affect me?

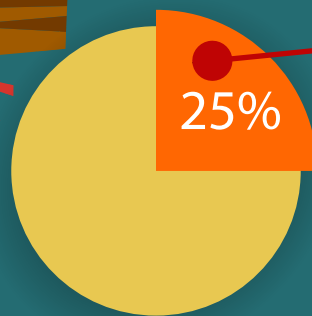


Among the WRMSD cases reported in 2013, 9 in 10 suffered from back injuries due to ergonomic risks. More than half (56%) occurred in the 25-39 year old age group.



WRMSDs (inclusive of back injuries due to ergonomic risks) were the second leading occupational disease in 2013.

Which industry is most affected?



- Construction
- Manufacturing



In 2013, the construction and manufacturing sectors contributed to the bulk (about 25%) of back injury cases due to ergonomic risks. Other contributors include sectors such as wholesale and retail trade and accommodation and food services.

Among the total back injury cases due to ergonomic risks, 6 in 10 workers were injured during carrying and lifting activities.

The results were taken from a survey conducted by the Workplace Safety and Health (WSH) Institute. For more information, please visit the WSH Institute website at www.wshi.gov.sg or WSH Council website at www.wshc.sg