

## Work Pain in Context

- As employees continue to work from home without ergonomically sound workspaces, **employers should anticipate a rise in costs of workers' compensation liabilities**, treatment and illness-related absences, and disability leaves associated with musculoskeletal pain such as back, neck, and shoulder pain[1].
- Before COVID-19, **low back pain was the leading health-related economic drain**, with an annual cost to the U.S. exceeding \$100 billion, according to the World Health Organization[2] or roughly \$34,600 per 100 employees annually[6].
- **Back pain is one of the most common reasons people see a doctor or miss a day at work[7] and most go on to consume specialty services.**
- **Musculoskeletal conditions are among the top expenses for employee healthcare benefits**, accounting for about a third of all worker injury and illness cases, according to the Occupational Safety and Health Administration (OSHA).
- Additionally, OSHA states that **almost a third of dollars spent on workers' comp costs come from claims involving ergonomic injuries.**
- The first pandemic is the coronavirus and the second is mental health[8].
- To mitigate mental health conditions, chronic pain needs to be addressed as **mental health conditions are more common among persons with back/neck pain than among persons without**[9].

## References

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