

INDUSTRIAL ATHELTES

INJURY AND WELLNESS TRENDS

Overall Injury Rate:

In 2022, the transportation and warehousing industry reported an injury and illness rate of 4.8 cases per 100 full-time workers, notably higher than the private industry average of 2.7.

The warehousing and storage sector had an injury rate of 4.8 per 100 workers in 2020, which increased to 5.5 per 100 workers in 2021, more than double the national average. ([OSHA](#))

Musculoskeletal Disorders (MSDs): Overexertion and bodily reaction, including injuries from lifting, pushing, or pulling, are leading causes of workplace injuries, with over 1 million cases reported between 2021 and 2022.

Back Injuries: Back injuries account for roughly 20% of all lost workday injuries, leading to an average loss of 12 workdays per incident.

Strains and Sprains: These injuries are prevalent due to manual handling tasks, improper lifting techniques, and overexertion.

Slips, Trips, and Falls: Common in environments with wet or uneven surfaces, leading to significant injury rates. [Safety + Health](#)

Contributing Factors

- **Physical Demands:** The nature of work in distribution and logistics involves heavy lifting, repetitive motions, and extended periods of physical activity, contributing to higher injury risks.
- **Workplace Environment:** Factors such as inadequate training, insufficient safety measures, and high work pace can exacerbate injury risks.