Posture and Ergonomics – School Safety Stats and Facts



FACTS

Poor Sitting Posture: Students and staff sitting with slouched shoulders or forward head positions during prolonged computer or desk work strain the neck, back, and shoulders, increasing the risk of MSDs.

Improper Workstation Setup: Non-adjustable desks, chairs, or computer setups in schools that don’t align with individual body sizes lead to awkward postures and repetitive strain injuries.

Heavy Backpacks: Carrying backpacks that are too heavy or worn incorrectly (e.g., on one shoulder) causes back, neck, and shoulder strain, particularly among students.

Lack of Ergonomic Training: Students and school staff often lack training on maintaining neutral spine alignment and optimal posture, contributing to chronic pain and discomfort.

Prolonged Static Postures: Sitting or standing for extended periods without movement breaks, common in classrooms or during computer-based learning, leads to muscle fatigue and stiffness.

Repetitive Motions: Frequent repetitive tasks, like typing on poorly positioned keyboards or writing for long periods, can cause wrist and hand strain, especially without proper ergonomic adjustments.

STATS

- Statistics Canada reported in 2021 that 20% of school-aged children experienced musculoskeletal pain linked to improper posture during computer use or backpack carrying.
- The Bureau of Labor Statistics (BLS) noted in 2020 that 30% of musculoskeletal injuries among school staff (e.g., teachers, custodians) were related to poor ergonomic practices, such as prolonged sitting or awkward postures.
- WorkSafeBC reported in 2022 that approximately 2,500 school staff claims annually in British Columbia were for MSDs, with poor posture during seated tasks or lifting cited as a key contributor.
- A 2021 NIOSH study indicated that 35% of school employees in computer-based roles experienced neck or shoulder pain due to non-ergonomic workstation setups.

- The Canadian Centre for Occupational Health and Safety (CCOHS) stated in 2022 that 45% of school staff in administrative or teaching roles reported discomfort from prolonged static postures, preventable with ergonomic interventions.
- A 2023 report from the American Academy of Pediatrics found that 15% of students using laptops or tablets in non-ergonomic school settings reported wrist or hand discomfort linked to repetitive motions.