



Overview of back pain cases in Singapore from 2013 - 2015



Fatimah Mohd Kamil, Chng Lik Sung, Dr Gan Siok Lin, Lim Su Ling

Introduction



60 - 90 % of people are estimated to suffer from lower back pain at some point in their life with majority attributed to work¹. In Great Britain, as well as the EU, it was reported that lower back pain was a major cause of ill health and socioeconomic problems such as disability, high healthcare costs as well as absence from work^{1,2}.

Objective

To identify the profile of workers and work activities which posed high risk of back injury in Singapore.

Methodology

Cases which sustained more than 3 days of medical leave and which were reported to the Ministry of Manpower between 2013 to 2015 were analysed.

Conclusion

More needs to be done to prevent work-related back disorders in Singapore. Impact on productivity is high as 50% took 4 – 7 days of medical leave.

As affected workers are relatively young, the risk of recurrence and disability would affect their future work ability³.

References

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Results

Back pain prevalence rates (per 100,000 employed persons)

