

# Overview of back pain cases in Singapore from 2013 - 2015



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#### Introduction



60 - 90 % of people are estimated to suffer from lower back pain at some point in their life with majority attributed to work<sup>1</sup>. 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<sup>1,2</sup>.

#### 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.

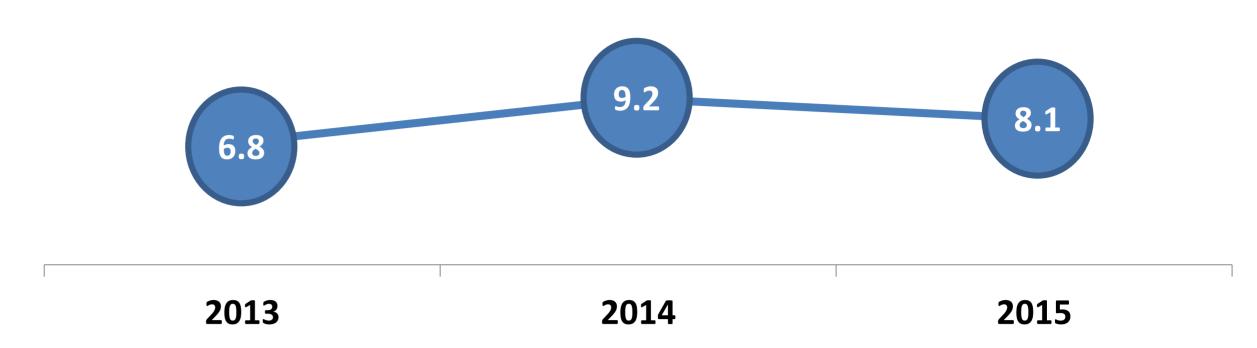
As affected workers are relatively young, the risk of recurrence and disability would affect their future work ability<sup>3</sup>.

#### References

- 1. Wong SH, Choy KK. A Review of Back Injury Cases Notified to the Ministry of Manpower from 2011 to 2012. Ann Acad Med Singapore. 2015 Jul;44(7):244-51.
- 3. Coole C, Drummond A, Watson PJ, Radford K What Concerns Workers with Low Back Pain? Findings of a Qualitative Study of Patients Referred for Rehabilitation. J Occup Rehabil. 2010 Dec; 20(4): 472–480

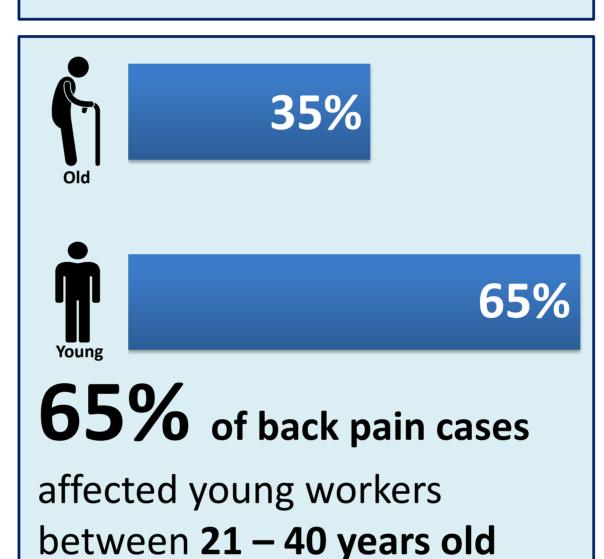
#### Results

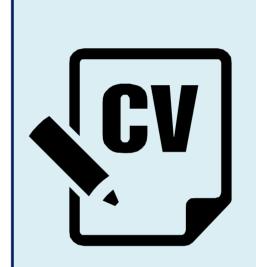
Back pain prevalence rates (per 100,000 employed persons)



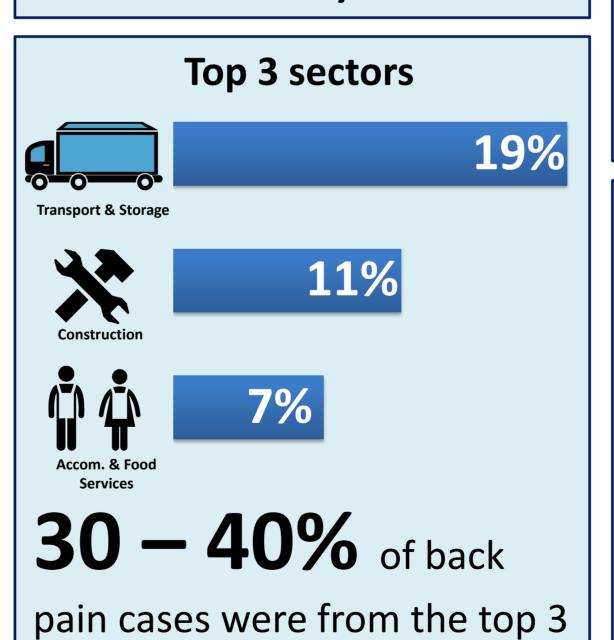
76% of back pain cases involved male workers







More than
quarter of back
pain cases happened
within 1st year of
employment



sectors mentioned above.

1 in 2 workers
were given 4 to 7
days of MC for their
back injury.

