

TABLE 1. Number, incidence rate¹, and median days² away from work for nonfatal occupational injuries and illnesses involving days away from work³ for musculoskeletal disorders⁴ by nature of injury or illness and ownership, Washington, 2013

Nature	Musculoskeletal disorders (MSDs)		
	Number	Incidence rate	Median days away from work
Total private industry ^{5,6,7}	12,020	63.0	10
Traumatic injuries and disorders	11,400	59.8	10
Traumatic injuries to bones, nerves, spinal cord	60	.3	61
Traumatic injuries to nerves, except the spinal cord	60	.3	61
Pinched nerve	60	.3	61
Traumatic injuries to muscles, tendons, ligaments, joints, etc.	8,580	45.0	8
Cartilage fractures and tears	20	.1	31
Meniscus tears	20	.1	31
Sprains, strains, tears	8,000	41.9	7
Sprains, strains, tears, unspecified	970	5.1	11
Major tears to muscles, tendons, ligaments	320	1.7	44
Sprains	1,300	6.8	7
Strains	5,380	28.2	6
Multiple sprains, strains, tears	20	.1	2
Hernias due to traumatic incidents	550	2.9	60
Other traumatic injuries and disorders	2,760	14.5	14
Nonspecified injuries and disorders	2,760	14.5	14
Soreness, pain, hurt—nonspecified injury	2,310	12.1	10
Swelling, inflammation, irritation—nonspecified injury	420	2.2	77
Numbness—nonspecified injury	20	.1	2
Diseases and disorders of body systems	630	3.3	18
Nervous system and sense organs diseases	260	1.4	28
Disorders of the peripheral nervous system	260	1.4	28
Carpal tunnel syndrome	260	1.4	28
Musculoskeletal system and connective tissue diseases and disorders	370	1.9	15
Soft tissue disorders, except the back	350	1.8	15
Bursitis	40	.2	18
Stenosing tenosynovitis	20	.1	14
Other tenosynovitis, synovitis	20	.1	2
Epicondylitis	40	.2	40
Other or unspecified tendonitis (tendinitis)	180	.9	15
Ganglion or cystic tumor	30	.2	70
Total state government ^{5,6,7}	640	56.8	25
Traumatic injuries and disorders	600	53.4	25
Traumatic injuries to muscles, tendons, ligaments, joints, etc.	430	37.7	25
Sprains, strains, tears	410	36.4	23
Sprains, strains, tears, unspecified	70	6.2	10
Sprains	70	6.4	8
Strains	270	23.9	25
Other traumatic injuries and disorders	180	15.6	40
Nonspecified injuries and disorders	180	15.6	40
Soreness, pain, hurt—nonspecified injury	150	13.5	46
Swelling, inflammation, irritation—nonspecified injury	20	2.2	40
Diseases and disorders of body systems	40	3.4	41
Nervous system and sense organs diseases	30	2.6	41
Disorders of the peripheral nervous system	30	2.6	41
Carpal tunnel syndrome	30	2.6	41
Total local government ^{5,6,7}	2,360	121.1	14

See footnotes at end of table.

TABLE 1. Number, incidence rate¹, and median days² away from work for nonfatal occupational injuries and illnesses involving days away from work³ for musculoskeletal disorders⁴ by nature of injury or illness and ownership, Washington, 2013 — Continued

Nature	Musculoskeletal disorders (MSDs)		
	Number	Incidence rate	Median days away from work
Traumatic injuries and disorders	2,290	117.5	13
Traumatic injuries to muscles, tendons, ligaments, joints, etc.	1,670	85.7	15
Sprains, strains, tears	1,620	83.4	14
Sprains, strains, tears, unspecified	90	4.6	7
Major tears to muscles, tendons, ligaments	70	3.7	34
Sprains	170	8.6	13
Strains	1,270	65.4	15
Multiple sprains, strains, tears	20	1.1	1
Hernias due to traumatic incidents	30	1.3	27
Other traumatic injuries and disorders	610	31.5	13
Nonspecified injuries and disorders	610	31.5	13
Soreness, pain, hurt—nonspecified injury	600	30.8	13
Diseases and disorders of body systems	70	3.7	48
Nervous system and sense organs diseases	40	1.9	60
Disorders of the peripheral nervous system	40	1.9	60
Carpal tunnel syndrome	40	1.9	60
Musculoskeletal system and connective tissue diseases and disorders	30	1.8	36
Soft tissue disorders, except the back	20	1.2	48

¹ Incidence rates represent the number of injuries and illnesses per 10,000 full-time workers and were calculated as: $(N/EH) \times 20,000,000$ where

N = number of injuries and illnesses
 EH = total hours worked by all employees during the calendar year

20,000,000 = base for 10,000 equivalent full-time workers (working 40 hours per week, 50 weeks per year).

² Median days away from work is the measure used to summarize the varying lengths of absences from work among the cases with days away from work. Half the cases involved more days and half involved less days than a specified median. Median days away from work are represented in actual values.

³ Days-away-from-work cases include those that resulted in days away from work, some of which also included job transfer or restriction.

⁴ Musculoskeletal disorders (MSDs) include cases where the nature of the injury or illness is pinched nerve; herniated disc; meniscus tear; sprains, strains, tears; hernia (traumatic and nontraumatic); pain, swelling, and numbness; carpal or tarsal tunnel syndrome; Raynaud's syndrome or phenomenon; musculoskeletal system and connective tissue diseases and disorders, and when the event or exposure leading to the injury or illness is overexertion and bodily reaction, unspecified; overexertion involving outside sources; repetitive motion involving microtasks; other and multiple exertions or bodily reactions; and rubbed, abraded, or jarred by vibration.

⁵ Excludes farms with fewer than 11 employees.

⁶ Data for Mining (Sector 21 in the *North American Industry Classification System*-- United States, 2007) include establishments not governed by the Mine Safety and Health Administration rules and reporting, such as those in Oil and Gas Extraction and related support activities. Data for mining operators in coal, metal, and nonmetal mining are provided to BLS by the Mine Safety and Health Administration, U.S. Department of Labor. Independent mining contractors are excluded from the coal, metal, and nonmetal mining industries. These data do not reflect the changes the Occupational Safety and Health Administration made to its recordkeeping requirements effective January 1, 2002; therefore, estimates for these industries are not comparable to estimates in other industries.

⁷ Data for employers in rail transportation are provided to BLS by the Federal Railroad Administration, U.S. Department of Transportation.

Note: Dash indicates data do not meet publication guidelines. Because of rounding and data exclusion of nonclassifiable responses, data may not sum to the totals.

Source: Bureau of Labor Statistics, U.S. Department of Labor, Survey of Occupational Injuries and Illnesses in cooperation with participating State agencies.