

Health and Safety Executive Statistics

Stress, depression or anxiety and musculoskeletal disorders account for the majority of days lost due to work-related ill health, 15.4 million and 6.6 million respectively.

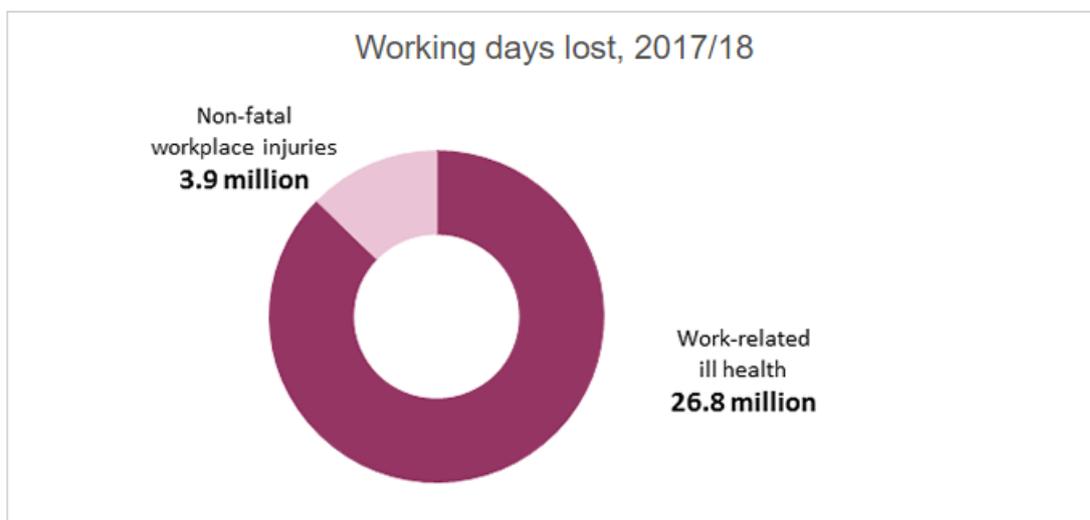
On average, each person suffering takes around 16.5 days off work. This varies as follows:

- 7.1 days for Injuries
- 19.8 days for Ill health cases
- 25.8 days for Stress, depression or anxiety
- 14.0 days for Musculoskeletal disorders



Working days lost in Great Britain

30.7 million
Working days lost due to work-related ill health and non-fatal workplace injuries in 2017/18 (LFS)



Stress

Work-related stress is defined as a harmful reaction that people have to undue pressures and demands placed on them at work. The predominant cause of work-related stress, depression or anxiety from the Labour Force Survey (2009/10-2011/12) was workload, in particular tight deadlines, too much work or too much pressure or responsibility. Other factors identified included a lack of managerial support, organisational changes at work, violence and role uncertainty (lack of clarity about job/uncertain what meant to do.)



Stress, depression or anxiety in Great Britain

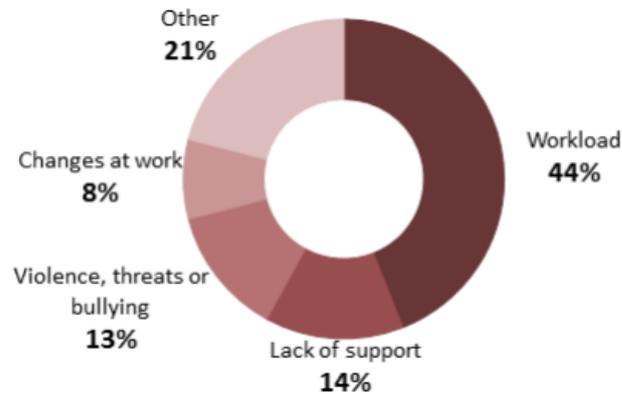
595,000

Workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2017/18
Labour Force Survey (LFS)

15.4 million

Working days lost due to work-related stress, depression or anxiety in 2017/18
Labour Force Survey (LFS)

Stress, depression or anxiety by cause, averaged 2009/10-2011/12



Source: Labour Force Survey
www.hse.gov.uk/statistics/lfs/index.htm

Work-related stress, depression or anxiety continues to represent a significant ill health condition in the workforce of Great Britain. Work-related stress, depression or anxiety accounts for 44% of work-related ill health and 57% of working days lost, in 2017/18. The occupations and industries reporting the highest rates of work-related stress, depression or anxiety remain consistently in the health and public sectors of the economy. The reasons cited as causes of work-related stress involve workload, lack of managerial support and organisational change as the primary causative factors.



MSDs

Musculoskeletal disorders can affect muscles, joints and tendons in all parts of the body. Most WRMSDs develop over time. They can be episodic or chronic in duration and can also result from injury sustained in a work-related accident. Additionally, they can progress from mild to severe disorders. These disorders are seldom life threatening but they impair the quality of life of a large proportion of the adult population.



Musculoskeletal disorders in Great Britain

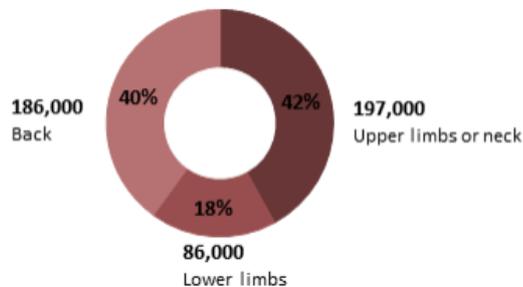
469,000

Workers suffering from work-related musculoskeletal disorders (new or long-standing) in 2017/18
Labour Force Survey (LFS)

6.6 million

Working days lost due to work-related musculoskeletal disorders in 2017/18
Labour Force Survey (LFS)

Musculoskeletal disorders by affected area, 2017/18



Source: Labour Force Survey
www.hse.gov.uk/statistics/lfs/index.htm

Manual handling, lifting and carrying and keyboard work were some of the prime causative factors in the development of work-related musculoskeletal disorders particularly the development of back pain. Additionally, repetitive movement such as keyboard work or being in awkward or tiring positions were other highlighted factors in WRMSD development. Additionally, work may exacerbate a musculoskeletal disorder which was originally caused in non-occupational settings such as physical sport and home and social life.

