

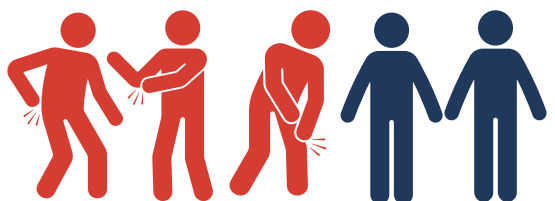
# INJURIES AND PAIN WHILE LOGGING



325 participants  
over 18 months



154 loggers reported  
204 injuries



3 out of 5 in pain

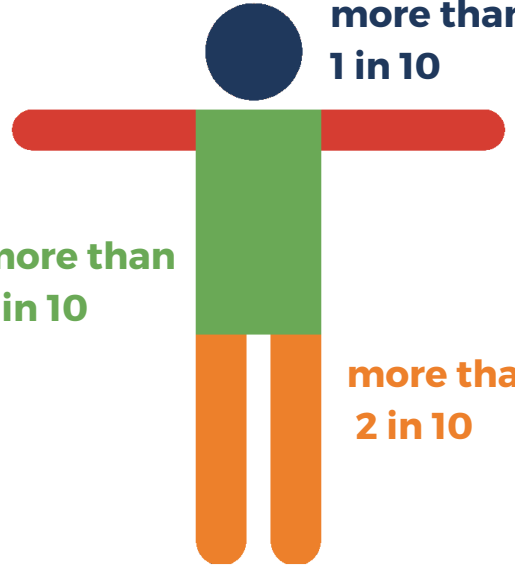


## INJURIES

1 in 4 are  
fractures, sprains, strains or tears



1 in 4



more than  
1 in 10

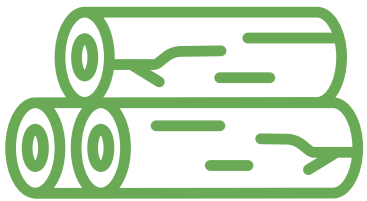
more than  
1 in 10

more than  
2 in 10

Almost 1 in 5 due to  
logging machinery and tools



Nearly 1 in 5 caused by logs



More than 1 in 5 while  
falling, slipping or tripping



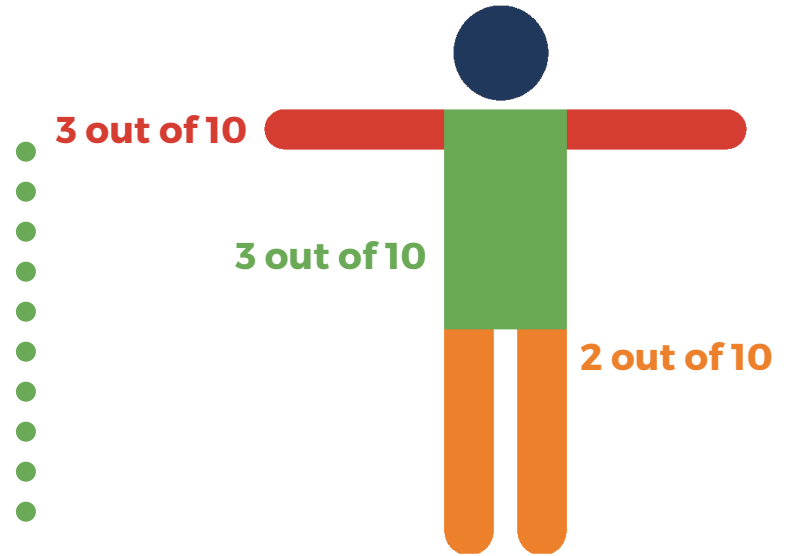
1 in 3 while in contact with objects  
and equipment

## PAIN

Half have pain in more than one part of the body



3 out of 10 with chronic pain  
(more than 3 months)



## RISK FACTORS ASSOCIATED WITH INJURY RATE



- Not having health insurance
- Age
- Years working in logging

“... pain is mind over matter, if you work in the woods, you're gonna pull your muscle in your arm or your shoulder or leg—you don't have to go to the doctor, just keep it iced and elevated. just scrapes and bruises. just the way I was raised.”



### Read more at:



Scott E, Luschen K, Hansen-Ruiz C, Krupa N, Hirabayashi L, Graham J, Jensen N, Jenkins P. Factors associated with injury among Maine logging workers. Am J Ind Med. 2023 Jul 24. doi: [10.1002/ajim.23518](https://doi.org/10.1002/ajim.23518).