

SAMPLE ONLY | FICTIONAL EMPLOYER AND ILLUSTRATIVE NUMBERS. NOT REAL DATA.

TORRES WORKFORCE HEALTH PARTNERS | INJURY PATTERN READ

Prepared for Sample Manufacturing Co.

October 1, 2026 · Based on OSHA 300 logs, 2023–2025 · 38 recordable cases reviewed · Prepared by Christopher Torres, PT, DPT

THE HEADLINE

Most of your recordable injuries are back and shoulder strains on two jobs, mostly on second shift, and about a third happen in a person's first year.

Recordable cases (3 yrs)	Sprain / strain / MSK share	Days away or restricted	Most common body part
38	68% (26 of 38)	214 days	Lower back

Benchmark: illustrative only. In a real read, your rate is compared with the BLS rate for your industry code (NAICS) and year, with the source cited here.

THREE PATTERNS WORTH YOUR ATTENTION

Pattern	What the log shows	Why it matters (clinical read)
1. Back strains on the packing line	11 of 26 MSK cases were lower-back strains. 8 of the 11 were on second shift, and 9 involved two job titles: Packer and Line Loader.	Repeated lifting and twisting at floor-to-waist height, late in a shift when people are tired, is a classic setup for low-back strain. The job itself is the place to look.
2. First-year employees	13 of 38 cases (34%) happened to people with under 12 months on the job, most within their first 6 months.	New workers often haven't built tolerance for the pace and load yet. Where new hires are placed and how they ramp up shapes this pattern.
3. Shoulder strains at pallet wrap	7 cases, 6 of them in the same two job titles, mostly reaching above shoulder height.	Sustained overhead reaching with load overloads the shoulder over weeks, not in one moment, so cases show up as slow-building strains.

WHAT A LOG CAN'T TELL YOU

A log shows what happened, not why. It does not show near-misses, unreported strains, or what these injuries cost you. Those answers come from looking at the work itself.

THE NEXT STEP

Let's spend 15 minutes on a call so I can walk you through this and hear what you're seeing on the floor.

If it's useful after that, the Workplace Injury Risk Assessment goes to the source: a 2–3 week look at the jobs behind these patterns, ending in a prioritized action roadmap.

SAMPLE: Sample Manufacturing Co. is fictional and every number on this page is invented to show the format. A real read is general information based on employer-supplied, redacted OSHA 300 logs. It is not legal advice, medical advice, or a determination of compliance with any OSHA or state requirement. Employers should consult qualified counsel about their specific obligations. [torres-whp.com](#)