

# Top U.S. Jobs That Could Use a Massage

## Jobs With the Highest Physical Strain

### #1 Firefighters



### #2 Flight Attendants



### #3 Laborers & Material Movers



### #4 Line Installers & Repairers



### #5 Bus & Truck Mechanics & Diesel Specialists



## Jobs With the Highest Mental Stress

### #1 Flight Attendants



### #2 Small Engine Mechanics



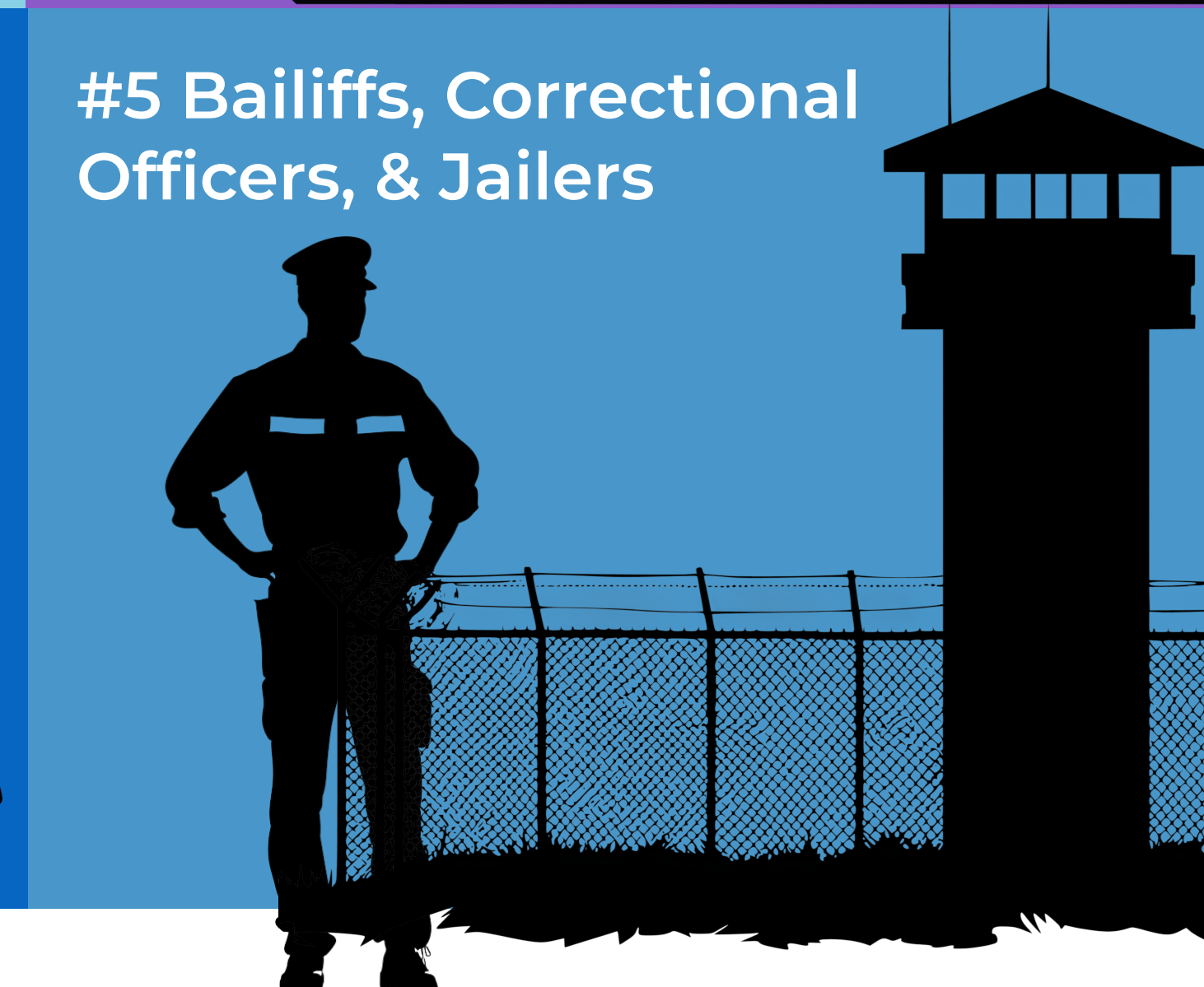
### #3 Physician Assistants



### #4 Aircraft Pilots & Flight Engineers



### #5 Bailiffs, Correctional Officers, & Jailers



Methodology: Each ranking was created by evaluating 250 U.S. jobs (with at least 50,000 workers employed) against five equally weighted factors — one set specific to mental stress, the other to physical stress. Relevant data was collected from the Bureau of Labor Statistics and the Department of Labor's Occupational Information Network (O\*NET) Program.

[www.insurebodywork.com/high-stress-jobs-massage-report](http://www.insurebodywork.com/high-stress-jobs-massage-report)