Ergonomics for Hospitality General Stats and Facts

FACTS

In the hospitality industry, ergonomic hazards are widespread and can significantly impact the health and well-being of employees. These hazards arise from the physical layout of work environments, the design of workstations and equipment, and the nature of the tasks employees perform.

- 1. Repetitive Motion Injuries: Tasks like bed making, cleaning, and cooking involve repetitive motions that can lead to strain and injuries over time.
- Awkward Postures: Employees often work in confined spaces, such as cleaning bathrooms or working in crowded kitchens, leading to awkward postures and potential musculoskeletal issues.
- 3. **Heavy Lifting:** Moving furniture, carrying heavy trays, or lifting large supplies can strain the back, shoulders, and legs.
- 4. **Poorly Designed Workstations:** Workstations that do not accommodate the user's body size and shape can lead to discomfort and injury, affecting productivity and health.
- 5. **Slips, Trips, and Falls:** Wet floors in kitchens and bathrooms are common in the hospitality industry, increasing the risk of slips, trips, and falls.
- Inadequate Equipment: Using equipment that is heavy, hard to maneuver, or not ergonomically designed can increase the risk of injury.

STATS

 According to the U.S. Bureau of Labor Statistics, ergonomic injuries account for 33% of all worker injury and illness cases.

- An estimated 20 million workers experience work-related musculoskeletal disorders each year in the United States.
- Lower back pain, a common ergonomic injury, affects around
 80% of the population at some point in their lifetime.
- In 2019, musculoskeletal disorders accounted for 37.5% of workplace injuries that led to days away from work in the U.S.
- According to the Institute for Work & Health in Canada, ergonomic interventions may reduce up to 62% of workers' compensation claims, rates of injuries by two thirds, and hours lost by 35%.
- Throughout the hospitality industry, employees are required to lift, push, and pull heavy inventory and objects. The result is that nearly 50% of all workplace injuries occur in the hotel industry, and similar numbers in bar and restaurant work come from manual handling.
- Additionally, data from the Bureau of Labor Statistics indicates that 70% of the \$500 million paid annually by the hospitality industry for repetitive motion injuries can be attributed to claims made by housekeepers.