

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.
2. **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.
6. **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.