

Lifting, moving and carting luggage safely Stats and Facts

FACTS

Lifting and moving luggage is a common task in the hospitality industry, particularly for staff working in hotels. This activity, when not done correctly, can pose significant ergonomic hazards, leading to injuries and long-term health issues. Here are some facts related to lifting and moving luggage safely in the hospitality sector:

1. **Musculoskeletal Injuries:** Improper lifting techniques can lead to back strains, herniated discs, and other musculoskeletal injuries. These injuries often result from lifting heavy bags without proper support or technique.
2. **Repetitive Strain Injuries:** Continuously lifting and carrying luggage can cause repetitive strain injuries (RSIs) affecting muscles, nerves, and tendons, particularly in the back, shoulders, and wrists.
3. **Slips, Trips, and Falls:** Moving luggage can increase the risk of slips, trips, and falls, especially when navigating through narrow corridors, stairs, or uneven surfaces while carrying heavy or awkward loads.
4. **Joint Injuries:** Twisting or turning while lifting or carrying luggage can lead to joint injuries, particularly in the knees, hips, and shoulders.

STATS

- A study focusing on shoulder injuries associated with handling luggage, which analyzed data from U.S. emergency departments, found that on average, 1,811 such injuries occur annually. The majority of these injuries were sustained while lifting luggage, with a significant portion of the patients being women who sustained sprains, strains,

or muscle tears□.

- The financial implications of improper lifting are substantial as well, with the average workers' compensation claim for such injuries costing around \$56,000, highlighting the economic impact alongside the personal and professional toll these injuries impose.
- From 2017 to 2022, the most common injuries reported in hotel and motel workers' comp claims were strains to the lower back, cuts, punctures, scrapes, and on the same level, slips, trips, or falls with multiple body parts involved.
- Approximately 21% of workplace injuries can be directly attributed to manual handling activities such as lifting, carrying, or moving objects. These injuries occur when employees are not properly trained or equipped to handle heavy loads, resulting in strains, sprains, or other musculoskeletal issues.
- According to the U.S. Consumer Product Safety Commission, more than 85,000 people were treated in emergency rooms, doctor's offices, and clinics for injuries related to luggage.