## Prevent Strains And Sprains Hospitality Safety Stats and Facts

## **FACTS**

Here are some common hazards that can lead to strains and sprains in the hotel sector:

- Housekeeping Tasks: Housekeepers often perform repetitive tasks such as making beds, vacuuming, and cleaning, which can strain muscles and joints.
- Luggage Handling: Bellhops and other staff who assist with guests' luggage can experience strains and sprains from lifting heavy suitcases or moving them awkwardly.
- Maintenance Work: Maintenance personnel in hotels often engage in tasks that require them to work in constrained or awkward positions, leading to potential strains and sprains.
- **Kitchen Operations:** Chefs and kitchen staff work in fastpaced environments where they might engage in repetitive motions, like chopping vegetables or lifting heavy pots and pans, increasing the risk of strains and sprains.
- •Slips, Trips, and Falls: While not the direct cause of strains and sprains, slips, trips, and falls can result in these types of injuries.
- Front Desk Operations: Even employees who primarily work at the front desk can experience strains and sprains, especially from repetitive tasks like typing or using a computer for extended periods.

## **STATS**

 Approximately 628,000 sprains occur annually in the USA, making sprains and strains the most common workplace injuries. In Canada, almost 50% of workplace injuries were

- attributed to sprains according to Statistics Canada, 2013.
- On average, the recovery time for a Grade 1 sprained ankle is 12 weeks, while a Grade 2 sprained ankle takes 36 weeks to heal.
- Sprains and strains are the leading nature of injury or illness in every major industry sector, with 33% of these cases occurring in the trade, transportation, and utilities sectors and an additional 19% in the education and health services sectors.
- Repetitive Strain Injuries (RSIs) are the most frequent type of lost-time injury and the single largest source of lost-time costs in Canada. According to the Association of Workers' Compensation Boards of Canada (AWCBC), over 10,000 accepted lost-time injuries due to musculoskeletal and connective tissue injuries were reported in 2019.
- Statistics from the Canadian Community Health Survey indicate that injuries caused by overexertion or strenuous movements were almost twice as frequent in working-age adults (27%) as in seniors (14%) and adolescents (15%) in Canada.
- Repetitive Strain Injuries (RSIs) affect about 15% of Canadians, which amounts to approximately 4.5 million people, according to Statistics Canada.