Prevent Strains and Sprains Restaurant Safety Stats and Facts

FACTS

Facts about types of injuries in restaurant work environment

1. Strains and sprains are among the most common injuries reported in the restaurant industry.
2. These injuries can occur due to lifting heavy objects, repetitive motions, and slips and falls.
3. Back strains are particularly common in restaurant workers due to the heavy lifting involved in moving boxes, crates, and other items.
4. Wrist strains occur to restaurant workers who do repetitive tasks as chopping, stirring, and mixing.
5. Foot and ankle sprains can occur due to slips and falls on wet or greasy floors, in restaurant kitchens.
6. Proper training and safety measures can help reduce the risk of strains and sprains in restaurant workers. For example, employees should be taught proper lifting techniques and provided with slip-resistant footwear.
7. When a strain or sprain does occur, prompt medical attention is important to prevent further injury and ensure proper healing.
8. Rest, ice, compression, and elevation (RICE) are often recommended for treating strains and sprains.

STATS

- According to the US Bureau of Labor Statistics (BLS) report, strains, sprains, and tears were the leading types of injuries that caused workers in the food service industry to miss work in 2019. The BLS report states that these injuries

accounted for 42% of cases that involved days away from work in the food service industry. Additionally, the report notes that overexertion and bodily reaction, which can lead to strains and sprains, were the leading causes of injuries in the food service industry.

- According to the U.S. Bureau of Labor Statistics, in 2020, there were 29,440 cases of sprains, strains, and tears involving days away from work reported in the food services and drinking places industry in the United States.
- In 2019, there were approximately 455,500 cases of musculoskeletal disorders (MSDs) in private industry, many of which were strains and sprains. The food service industry, including restaurants, is known to have a higher incidence rate of MSDs than other industries due to the physical nature of the work.
- According to the BLS, the incidence rate of non-fatal occupational injuries and illnesses in the food service industry was 2.8 cases per 100 full-time workers in 2019. Of those, strains, sprains, and tears accounted for 35% of all reported cases.
- According to the US Bureau of Labor Statistics (BLS), in 2019, there were approximately 1.1 million nonfatal occupational injuries and illnesses involving days away from work in private industry. Of these cases, sprains, strains, and tears accounted for 31% of all injury and illness cases.