Preventing Lifting Injuries – Hospitality Safety Stats and Facts

FACTS

Lifting injuries in hotels can occur due to various tasks involved in daily operations. Here are some key points regarding these hazards:

1. **Nature of Tasks:** Employees in hotels often engage in tasks that involve lifting heavy items, such as luggage, furniture, laundry, or supplies, which can lead to overexertion and related injuries.
2. **Improper Techniques:** Injuries often result from using improper lifting techniques. Not bending the knees, lifting with the back instead of the legs, or twisting while carrying heavy loads can lead to strains and sprains.
3. **Frequency of Tasks:** The repetitive nature of certain tasks, like making beds, cleaning, or carrying supplies, can increase the risk of cumulative trauma disorders.
4. **Lack of Training:** Employees may not receive adequate training on safe lifting techniques, contributing to the risk of injury.
5. **Inadequate Equipment:** The absence of appropriate lifting aids or equipment can force staff to lift heavy items manually, increasing injury risks.
6. **Long-Term Impacts:** Beyond immediate pain and incapacity, lifting injuries can have long-term consequences on employees' health, potentially leading to chronic conditions or disability.

STATS

- In the hospitality industry, lifting and handling injuries

are significant concerns, accounting for 22% of all non-fatal injuries. In the private sector in 2020, there were 247,620 musculoskeletal disorder (MSD) injuries or illnesses involving days away from work in the United States.

- The Bureau of Labor Statistics from 2017 indicates that hotel and motel workers had a nonfatal injury and illness incidence rate of 4.3, reflecting the importance of addressing safety hazards in this sector.
- 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 in the hotel industry, and similar numbers in bar and restaurant work come from manual handling.
- 477,000 workers suffering from work-related musculoskeletal disorder (new or long-standing). Musculoskeletal disorders (MSDs) typically impact the back, shoulders, upper limbs and neck. Injuries can be caused by a range of activities, from lifting to manually manipulating heavy-wheeled loads. According to a study based on the Canadian Community Health Survey, work-related musculoskeletal disorders appear to be on the decline in Ontario.
- 7.3 million working days are lost due to work-related musculoskeletal disorders.