Preventing Lifting Injuries – Restaurant Safety Stats and Facts

FACTS

1. Common types of lifting injuries in restaurants are strains and sprains to the back, shoulders, and arms.
2. Lifting injuries can occur when employees lift heavy loads, bend or twist awkwardly.
3. Lifting injuries causes pain and discomfort, and, can result in permanent damage or disability.
4. Lifting injuries can also lead to lost work time and increased workers' compensation costs for employers.
5. Employees should lift with their legs, keep the load close to their body, and avoid twisting or bending at the waist.
6. Using lifting equipment such as carts and dollies can help reduce the risk of lifting injuries.
7. Employers should provide regular training on lifting techniques and safety procedures.
8. Employees should be encouraged to work together to lift heavy loads whenever possible.
9. Overloading is a common cause of lifting injuries in restaurants.
10. Keeping the work area clean and organized can help prevent tripping hazards.

STATS

- Overexertion and lifting injuries are the leading cause of lost workdays in the restaurant industry, accounting for 37% of all injuries and illnesses.
- According to a study by the Bureau of Labor Statistics, restaurant workers experienced an average of 2.8 days away from work due to overexertion and lifting injuries, which is

higher than the national average of 1.8 days.

- Lifting and handling account for 20% of all workers' compensation claims in the restaurant industry.
- The average cost of a back injury in the restaurant industry is estimated to be around $40,000, which includes medical expenses, lost wages, and other associated costs.
- Back injuries are the most common type of lifting injury in the restaurant industry, accounting for 80% of all lifting-related injuries.
- According to the Centers for Disease Control and Prevention (CDC), the rate of occupational injuries in the food service industry was 5.7 per 100 full-time workers in 2018.
- In a survey conducted by OSHA, 42% of restaurant workers reported that they had experienced at least one lifting-related injury during their career.
- A study published in the International Journal of Hospitality Management in 2021 found that restaurant employees in the United States reported a high prevalence of work-related musculoskeletal disorders (WMSDs), including lower back pain, neck pain, and shoulder pain.