

Hospitality Ergonomics

~Injury Prevention~



Tips to decrease repetitive work	Tips to decrease awkward postures	Tips to reduce muscle force
<ul style="list-style-type: none"> • Vary your technique to use different muscles often. For example, switch hands • Switch activities for a few minutes to do something that requires using different muscles • Take “micro-pauses” and check your posture. Roll your shoulders back and let your arms hang • Stretch at least every hour. Set a digital timer as a reminder • Alternate workstations with co-worker occasionally to change muscles used 	<ul style="list-style-type: none"> • Maintain neutral positions (keep back in the neutral s-curve position) • Avoid wrist twisting • Prop up a foot on ledge if able while standing • Pivot your feet and never twist your back • Keep wrists straight • Walk food around counter to customer rather than passing over sneeze guard • Set up work area so that frequently used items are as close as possible • Minimize work that is above shoulder level • Consider using a turn table for busy work area 	<ul style="list-style-type: none"> • Consider a 2 person lift for items weighing greater than 40lbs or for items that are beyond abilities • Use mechanical aids, such as carts, to move items whenever possible • Wear shoes with supportive cushioning • Use anti-fatigue mats when standing is required for long periods of time to reduce strain on your back and legs • Minimize forceful pinching • Store heavier items at mid-level and lighter items at higher and low level

