



# Safety in Five

Topic: Ergonomics in Restaurants

Date:

Location:

Company:

## Topic specifics relevant to your job

### ☐ Restaurant work can be fast paced, often in congested workspaces, which can lead to cumulative trauma strains

- Look for opportunities to avoid awkward postures, repetitive motions and static positions while completing your tasks
- Prepare for your shift by completing light muscle stretches

### ☐ Awkward Posture

- When completing tasks which require awkward positions (carrying trays, bus tubs, fryer basket, kegs, etc.):
  - Work in neutral position as much as possible and keep:
    - Head centered between shoulders and hips
    - Back straight up and down
    - Neck relaxed
    - Elbows close to core
    - Wrists in handshake position
- Redesign workspaces that require ongoing reaching, bending, compression or contact stress

### ☐ Repetitive Motion

- Repetitive slicing or chopping can lead to shoulder fatigue

- If work surface is too high to work in neutral position, use a platform
- Use utensils with an ergonomic grip
- Sharpen knives regularly to reduce knife force
- Arrange products and utensils to avoid reaching
- Rotate tasks throughout shift to alleviate muscle fatigue
- Use mechanical slicers and choppers when possible

### ☐ Static Postures

- If your work requires long duration standing:
  - Use anti-fatigue mats where standing is mandated
  - Choose well cushioned, slip-resistant footwear
  - When possible, use a stool or chair

### ☐ Pushing, Pulling, Gripping

- Avoid lifting or carrying items that are slippery, hot or heavy
- Use carts, hand trucks or two-person lifts for awkward loads
- Store heavy items in power zone (mid-thigh to chest)
- Carry plates, coffee pots, water jugs close to body

## Attendees (Names/Signatures)

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## Comments/Suggestions

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