Restaurant Ergonomics Stats and Facts



FACTS

1. Repetitive motions, awkward postures, and heavy lifting can all contribute to injuries such as strains, sprains, and back pain.
2. Poor ergonomics can also increase the risk of slips, trips, and falls, which can result in serious injuries for employees and customers alike.
3. Restaurant employees are at risk of burn injuries from hot surfaces, boiling liquids, and open flames. Poorly designed kitchens or workspaces that are cramped or cluttered can increase the risk of these injuries.
4. Poor ergonomics can decrease employee productivity by making tasks more difficult and time-consuming.
5. Employees who experience pain or discomfort due to poor ergonomics may be more likely to quit their job.
6. Customers may perceive a restaurant with poor ergonomics as unprofessional or uncaring about employee health and safety. This can damage the restaurant’s reputation and lead to decreased business.
7. Poor ergonomics can negatively impact employee morale by causing pain, discomfort, and fatigue. This can lead to reduced job satisfaction, motivation, and engagement.

STATS

- The National Restaurant Association found that over 70% of restaurant employees reported experiencing discomfort or pain due to their work environment.
- According to the US Bureau of Labor Statistics, musculoskeletal disorders (MSDs) accounted for 31% of all workplace injuries and illnesses in 2020. In the restaurant industry, the incidence rate of MSDs is nearly double the national average.
- Back and shoulder injuries are among the most common types of injuries reported in the restaurant industry. A survey conducted by the National Institute for Occupational Safety and Health (NIOSH) found that 75% of restaurant workers reported experiencing back pain during their career, while 53% reported experiencing shoulder pain.
- According to the National Safety Council, the average cost of a workplace injury related to MSDs is approximately $21,000 per incident.
- According to the Occupational Safety and Health Administration (OSHA), workers with MSDs miss an average of 12 days of work per incident.
- Poor ergonomics contributes to high rates of employee turnover. According to the National Restaurant Association, employee turnover in the restaurant industry

can exceed 70% annually, with work-related injuries and discomfort being a leading cause.