Shiftwork – Restaurants Stats and Stats



FACTS

Shift work in a restaurant can pose hazards to workers' health and safety.

1. The nature of restaurant work involves standing for long periods of time, repetitive motions, and lifting heavy objects, which can lead to musculoskeletal disorders such as back pain, shoulder pain, and carpal tunnel syndrome. Working in a hot and noisy environment can cause heat stress and hearing loss.
2. Working irregular hours, including night shifts, can disrupt the body's natural circadian rhythm and lead to sleep deprivation and fatigue. This can affect a worker's ability to concentrate, react quickly to hazards, and make sound decisions.
3. Restaurant work can be fast-paced and stressful, with workers dealing with multiple tasks and customers simultaneously. Stress can lead to mental health problems such as anxiety and depression.
4. Restaurant workers may be exposed to chemicals and cleaning agents that can cause respiratory and skin problems. Workers may face burns and cuts while working with hot equipment and sharp knives.
5. Shift work can interfere with workers' personal and social lives, making it challenging to spend time with family and friends or pursue other interests.

STATS

- According to in the United States, 14% of all workers in the accommodation and food services industry (which includes restaurants) work part-time, and 27% work non-standard schedules, which often includes evening and weekend shifts.
- According to a survey conducted by 7shifts, a restaurant scheduling software company, the average employee tenure is just 110 days –a little over three months. Of employees who joined their team in September of 2021, just 38% are still with that team as of the time of writing—a 62% turnover rate.
- Shift work in restaurants can be challenging for employees. According to a survey conducted by 7shifts, a restaurant scheduling software company, nearly half of all restaurant employees are hovering in the range of $11-15/hour (45.8%). 73% of those employees still receive tips. It's the main factor behind why restaurant employees quit their jobs, with 34.6% citing wages as a reason for leaving a job, or a reason for why they are planning to.
- Flexibility is the number one benefit for 66% of shift workers and advanced notice of working schedules is a top priority for 65% of respondents.
- A study published in the Journal of Occupational Health Psychology found that

approximately 20-30% of workers in the food service industry work non-traditional hours, including evening, night, and rotating shifts.