



Ergonomic Designs for Hotel Work

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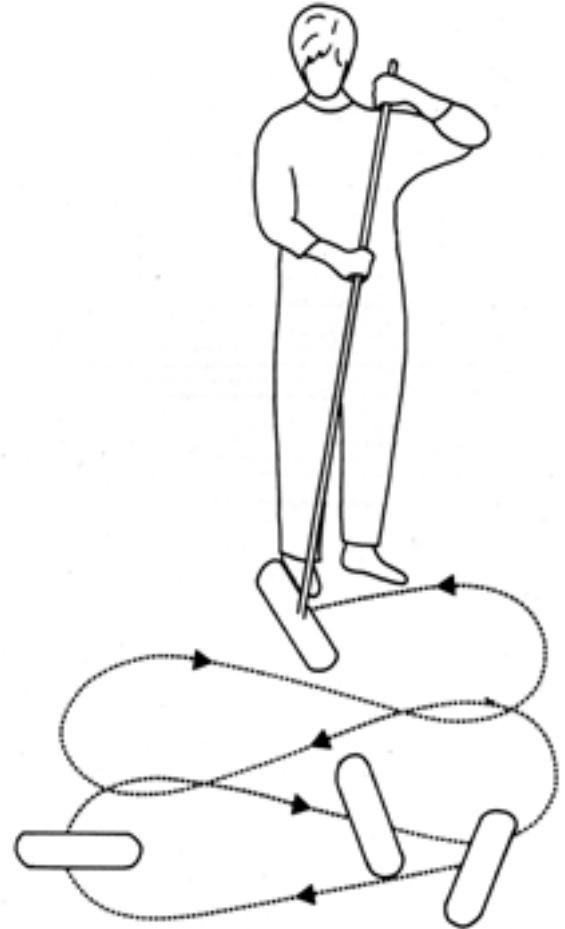
Backpack Vacuum

- ◆ Lightweight design for users of all sizes
- ◆ Distributes weight on back and hips
- ◆ Reduces stress on wrists and lower arms
- ◆ Allows users to clean stairs easily



Proper Mopping Motion

- ◆ Mopping should be done in an S motion while walking backwards
- ◆ Mop, rinse, and dry small sections at a time
- ◆ Use the appropriate mop head for different size area



Mop Bucket Considerations

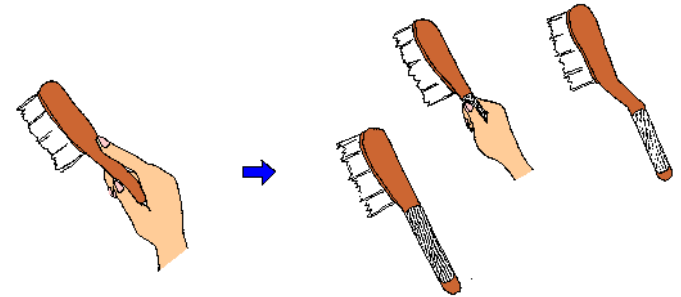
- ◆ Bucket should have large cylindrical handles for easy lifting
- ◆ Long folding handle or pedals for wringing mop reduces stress on arms and back
- ◆ Bucket should empty from bottom



Cleaning Tools

◆ Handtools:

- bent handles to reduce high risk posture
- rubber coated handles for improved grip



◆ Scrubbers

- adjustable length handles
- pivoting heads to allow for different cleaning angles



Cutting and Slicing

- ◆ Bent handle knives reduce high risk wrist posture of cutting and chopping
- ◆ Reduce accidental cuts by using a bagel holder



Colored Cutting Boards

- ◆ Cross contamination can produce food borne diseases
- ◆ Use of color coded cutting boards reduces cross contamination



Kitchen Footwear

- ◆ Shoes should have sturdy uppers and high grip soles
- ◆ Utility staff should wear safety shoes with toe protection
- ◆ Use strap on traction soles or slip on rubber soles on wet surfaces



Cleaning Pots and Pans

- ◆ Scrubbing is a highly repetitive, forceful motion performed in high risk postures
- ◆ Alternatives to hand cleaning pots and pans:
 - power scrubber
 - recirculating soaker
 - alkaline cleaning solution

(top view)



Shower Control Design

- ◆ Separate levers for hot and cold
- ◆ Off positions at 9 and 3 o'clock
- ◆ Hot and cold should be clearly labeled
- ◆ Red for "hot" and blue for "cold"
- ◆ Position shower controls on the wall opposite of the shower head



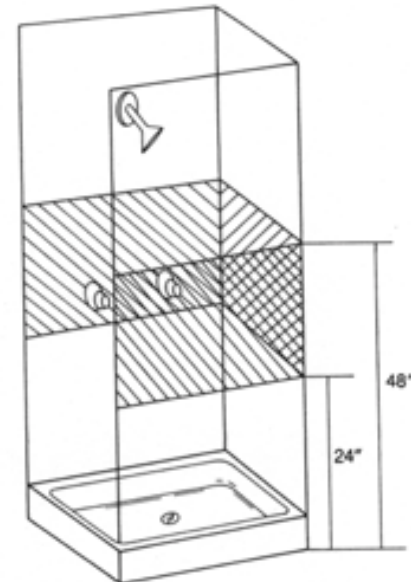
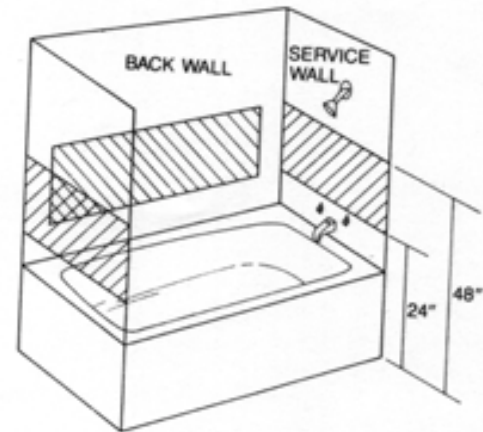
Advantages of Lever Use

- ◆ Levers should be used instead of knobs
- ◆ 6 inch long, cylindrical handle
- ◆ 2 inch diameter of handle
- ◆ Allows for straight wrist grip
- ◆ Produce twice the torque
- ◆ Quickly shut off hot water
- ◆ Easier for elderly to use



Grab Bars

- ◆ Located on all 3 walls
- ◆ 24 inch minimum length
- ◆ Support 350 pounds of force
- ◆ Bath: 24" above floor
- ◆ Shower: 48" above floor
- ◆ Assist entry and exit from bath
- ◆ Assist change from sitting to standing in bath



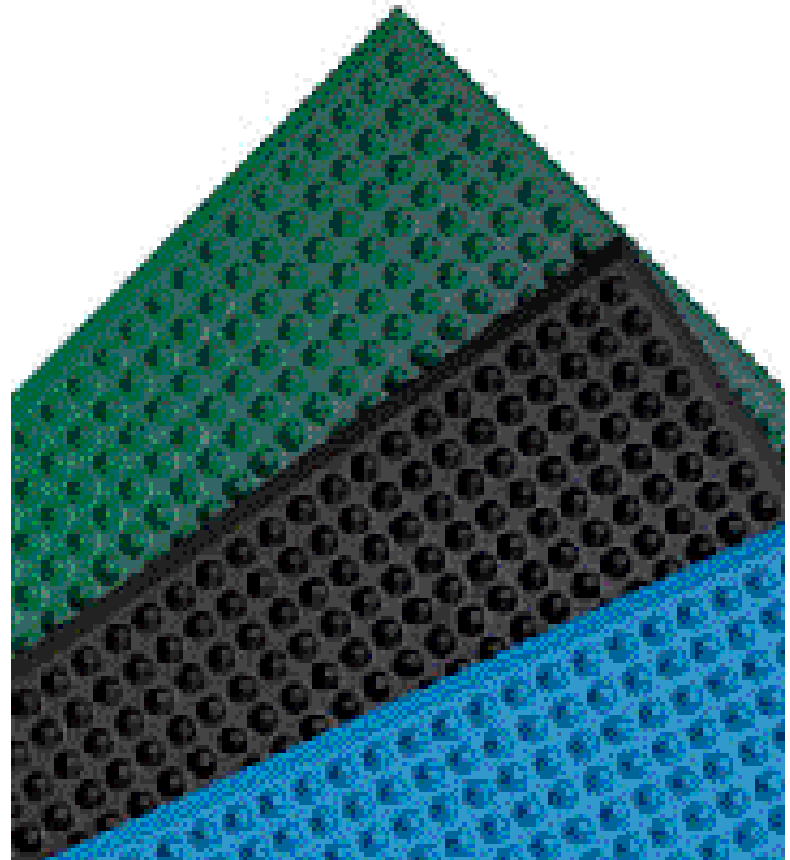
Sit-stand Chairs

- ◆ Reduce standing time for employees
- ◆ Allow for easy transfer from standing to sitting position
- ◆ Supports more neutral posture for computer use



Anti-fatigue Floor Mats

- ◆ Used for workers who are on their feet for long periods of time
- ◆ Padding reduces stress on knees, ankles and feet



Benefits of Stretching

- ◆ Employees should stretch upper and lower body parts before all physical activity
- ◆ Stretching can reduce complaints, injuries and absenteeism of manual workers. Stretching before work can help do the following:
 - Place bones in proper alignment
 - Reduce friction in joints
 - Increase flexibility, and durability

Examples of Upper Body Stretches



Miscellaneous

- ◆ Contrasting color for shower curb
- ◆ No unsupported fixtures
- ◆ Shower should include seat
- ◆ Ground fault protection on all outlets
- ◆ Wall mount all electrical appliances

