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
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