Prevent Strains And Sprains Hospitality Safety Stats and Facts



FACTS

Here are some common hazards that can lead to strains and sprains in the hotel sector:

- **Housekeeping Tasks:** Housekeepers often perform repetitive tasks such as making beds, vacuuming, and cleaning, which can strain muscles and joints.
- **Luggage Handling:** Bellhops and other staff who assist with guests' luggage can experience strains and sprains from lifting heavy suitcases or moving them awkwardly.
- **Maintenance Work:** Maintenance personnel in hotels often engage in tasks that require them to work in constrained or awkward positions, leading to potential strains and sprains.
- **Kitchen Operations:** Chefs and kitchen staff work in fast-paced environments where they might engage in repetitive motions, like chopping vegetables or lifting heavy pots and pans, increasing the risk of strains and sprains.
- **Slips, Trips, and Falls:** While not the direct cause of strains and sprains, slips, trips, and falls can result in these types of injuries.
- **Front Desk Operations:** Even employees who primarily work at the front desk can experience strains and sprains, especially from repetitive tasks like typing or using a computer for extended periods.

STATS

- Approximately 628,000 sprains occur annually in the USA, making sprains and strains the most common workplace injuries. In Canada, almost 50% of workplace injuries were attributed to sprains according to Statistics Canada, 2013.
- On average, the recovery time for a Grade 1 sprained ankle is 12 weeks, while a Grade 2 sprained ankle takes 36 weeks to heal.
- Sprains and strains are the leading nature of injury or illness in every major industry sector, with 33% of these cases occurring in the trade, transportation, and utilities sectors and an additional 19% in the education and health services sectors.
- Repetitive Strain Injuries (RSIs) are the most frequent type of lost-time

injury and the single largest source of lost-time costs in Canada. According to the Association of Workers' Compensation Boards of Canada (AWCBC), over 10,000 accepted lost-time injuries due to musculoskeletal and connective tissue injuries were reported in 2019.

- Statistics from the Canadian Community Health Survey indicate that injuries caused by overexertion or strenuous movements were almost twice as frequent in working-age adults (27%) as in seniors (14%) and adolescents (15%) in Canada.
- Repetitive Strain Injuries (RSIs) affect about 15% of Canadians, which amounts to approximately 4.5 million people, according to Statistics Canada.