

## M9-D10. ERGONOMIC RISK FACTORS

Hazard		Who (type of worker)	Harm	Required Safety Measures
Source	Hazard description			
Working in the standing position	Working in a standing position on a regular basis	Chefs, waiters, barmen, washers-up, Receptionists.	<ul style="list-style-type: none"> <li>- Swelling legs and feet;</li> <li>- Heaviness in legs, worsened blood circulation in legs;</li> <li>- Varicose veins, frequent inflammatory processes in legs;</li> <li>- Micro traumas of hips, knees and spine bone;</li> <li>- Rheumatic diseases occur within a longer period of time;</li> <li>- Backache.</li> </ul>	<ul style="list-style-type: none"> <li>- A possibility to change position from time to time</li> <li>- have enough space to make movements in the workplace (e.g., a chef, a receptionist)</li> <li>-Have necessary equipment and work means located comfortably, so that they could be reached without any bending or turning</li> <li>- If the workplace arranged at the table, have the height of the table adequate to the work character</li> <li>- If work is done in a standing position during the whole shift, have an appropriate leg support in order to be able to change the position from time to time</li> <li>- Organize work in such a manners that employees would be able to have a rest in the run of the whole shift.</li> </ul>
Lifting loads (pots, dishes, boxes of bottles, etc) manually	- The load can be taken improperly, it can be too heavy, or when inclination or turning is too intensive.	Kitchen and restaurant employees, waiters, barmen.	<ul style="list-style-type: none"> <li>- Different strains of ligaments and tendons;</li> <li>-Fractures;</li> <li>-Spinal cord moves or hernias etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Heavy loads should be carried by two or more people;</li> <li>- If possible, loads should be pushed, pulled or rolled (e.g., beer barrels);</li> <li>- If possible, trolleys should be used for carrying dishes or food stuff;</li> <li>- Heavy loads should be held at the waist height;</li> </ul>

				<ul style="list-style-type: none"> <li>- Full pots should not be lifted;</li> <li>- Heavy things should be kept on lower shelves so that it would be more comfortable to put or take them;</li> <li>- Breaks must be done during the work;</li> <li>- Intense work should be interchanged with less intense work;</li> <li>- When selecting the staff, it is necessary to consider whether the work load does not exceed employee's capabilities;</li> <li>- Employees should be taught to lift loads correctly and safely.</li> </ul>
Working in an awkward position	Repetitive movements of hands and wrists, uncomfortable posture	Washers-up, Waiters, Chefs	<ul style="list-style-type: none"> <li>- Fatigue,</li> <li>- Pain in muscles;</li> <li>- Discomfort occurs, as well as the risk of injuries and accidents.</li> </ul>	<ul style="list-style-type: none"> <li>- Reorganization of work so that the monotonous work would be done by using appropriate equipment;</li> <li>- Sharp cutting tools should be used in the process of food preparation, in order to employ as little force as possible;</li> <li>- Tools with comfortable ergonomic handles must be used;</li> <li>- Kitchen equipment must be re-located so that it would be possible to reduce the number of lifting, strain, turning, bending and stooping.</li> </ul>