General
- Many of the ways we work may strain our bodies and lead to injuries.
- Ergonomics prevents these types of injuries by fitting the job to the person using proper equipment and work practices.
- Ergonomics will give the safest way to work and prevents workplace injuries.

Awareness
- Basic ergonomics risk factors include force, repetition, awkward postures, static postures, and contact stress.
- Musculoskeletal injury (MSI) includes injuries or disorders of the muscles, tendons, ligaments, joints, nerves, blood vessels, or related soft tissue, including sprains, strains, or inflammation that may be caused or aggravated by work.
- Work-related MSIs can lead to stress or dissatisfaction at work, reduced productivity, the inability to perform some or all work duties, and even difficulty with activities at home.
- Common signs and symptoms of MSI include redness, swelling, pain, tenderness, tingling, weakness, and clumsiness.
- Risk factors may be present in a number of different tasks, including:
  - meal preparation
  - meal service
  - dish and pot washing
  - cleanup
  - storage
- It is important to identify high-risk tasks and the risk factors associated with those tasks.
- Identifying problems and solutions is only part of the process; implementing solutions is also an important part of the process.
- Reduce as many of the risk factors within a task as possible.
- Solutions can be simple and inexpensive; they do not have to be elaborate or costly.
- Consider a solution’s effects on other risk factors and other parts of the body.
- Evaluation and worker consultation are important to ensure that implemented control measures work and have a positive impact on kitchen workers.