**Supervisor:**  **Dept: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:** \_\_\_/\_\_\_/\_\_\_

**Repetitive Stress Injuries (RSIs) for Kitchen Employees**

Repetitive stress injuries (RSIs) are a kind of occupational overuse syndrome in which muscles, tendons, and nerves are injured because of prolonged tension and repeated motion. While kitchen workers will often have to repeat similar tasks throughout the workday, you can take measures to decrease the risk of RSIs and increase the health and comfort of workers. Consider the following recommendations:

1. Take regular “mini-breaks” from repeated tasks. You need not stop work entirely; simply rotate through activities that use different muscles and movements.
2. As much as possible, avoid elevated extended reaches for supplies or heavy containers.
3. Keep rapid hand and wrist movements (such as chopping, cutting, and scooping) to a minimum. Use mechanical aids for these tasks as much as possible (e.g., food processors and mixers).
4. Keep your elbows close to your body while performing repetitive tasks. This can be accomplished by using height adjustable workspaces, (e.g., countertops or work stands) or by redesigning tasks (e.g., turning a box on its side to allow for easier access).
5. Avoid awkward postures. For instance, reposition work so that it is directly in front of you, eliminating the need to reach above or behind.
6. Use proper lifting technique and attempt to lessen the weight of the item you are lifting, either by using mechanical aids (e.g., automatic plate and cup riser dispensers) or receiving assistance from others.
7. Kitchen tools should be designed to allow the wrist to remain straight when the tools are in use. The wrist should remain in a neutral (handshake) position.
8. Pay attention to warning signs that may indicate the onset of an RSI, such as soreness, tingling, fatigue, numbness, etc.
9. If you believe that you are experiencing an RSI, do not attempt to self-medicate or self-prescribe. Report the symptoms to your supervisor immediately, and seek professional help.

**Discussion:** Which tasks can lead to RSIs? Review proper techniques to avoid injury. Suggest job rotation to reduce exposure to risk.