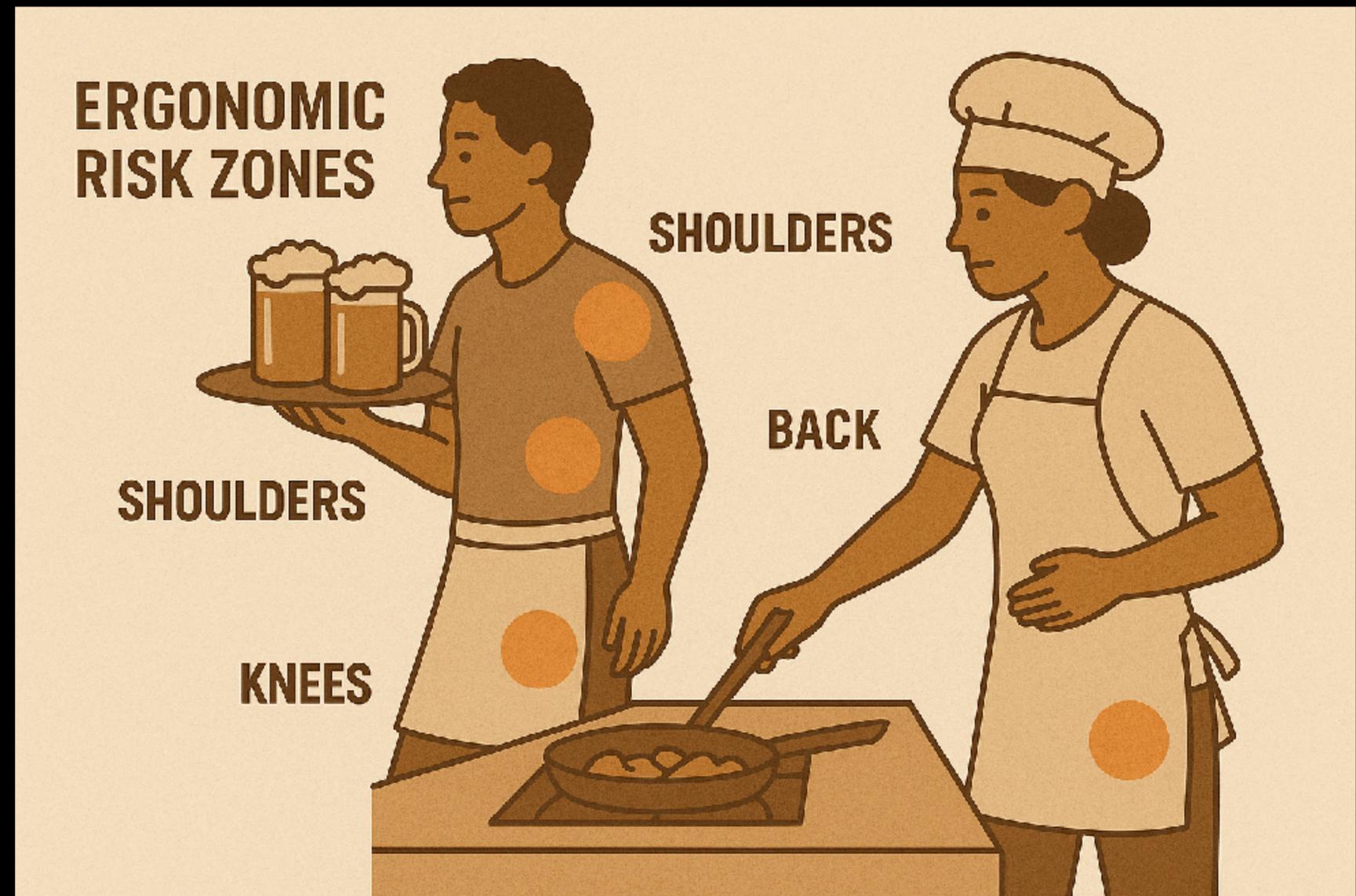


# WHY ERGONOMICS MATTERS IN BREWERY FOOD SERVICE

- ▶ Food service in breweries involves repetitive motions, heavy lifting, and awkward postures.
- ▶ Poor ergonomics can lead to:
  - ▶ Muscle strains and sprains (especially shoulders, back and wrists)
  - ▶ Chronic fatigue and long-term injuries
  - ▶ Reduced productivity and morale
- ▶ Ergonomics helps prevent injuries by fitting the job to the person



## COMMON ERGONOMICS RISK FACTORS



- ▶ **Repetitive Tasks:** Pouring pints, chopping, plating dishes
- ▶ **Awkward Postures:** Bending over low coolers, reaching for overhead storage
- ▶ **Forceful Exertions:** Lifting full trays, kegs, or food bins
- ▶ **Standing for Long Periods:** Without support or rest breaks
- ▶ **Poor Tool Design:** Dull knives, poorly fitting handles, or heavy trays



## SIMPLE FIXES THAT MAKE A BIG DIFFERENCE

- ✓ **Lift smart:** Bend your knees, keep loads close to your body
- ✓ **Organize your station:** Keep frequently used items within easy reach
- ✓ **Use carts or trays with handles** for transport - don't carry by hand
- ✓ **Alternate tasks** to reduce repetition (rotate chopping, dishwashing, prepping)
- ✓ **Use anti-fatigue mats** and supportive shoes
- ✓ **Report pain or discomfort early**



## PUT IT INTO PRACTICE: MINI ERGONOMICS CHECK

- 🔍 Look at your current setup - what could be moved or adjusted?
- 🔍 Is your reach zone crowded or forcing awkward movements?
- 🔍 Are knives, cutting boards, or containers at the right height?
- 🔍 What tools or processes could reduce strain?





# OCBA SAFETY COMMITTEE

Health & Safety Resources are available at:

- [OCBA Safety](#)
- [Rubicon EHS - Services for Breweries](#)
- [Ohio BWC Consultation Program](#)

Submit questions to the OCBA Safety Committee:

- [ohiocraftbeer.org/safetyquestions/](https://ohiocraftbeer.org/safetyquestions/)

Golden Hard Hat Applications can be emailed to Ryan Nichols (OCBA Safety Committee Chair):

- [ranzepp@gmail.com](mailto:ranzepp@gmail.com)

