## **Cook Physical Demands Analysis**

Task Description:

* Read and call the order
* Prepare the meat and entrees
* Plate/present the food
* Put up the order
* Clean grill

A. General Environmental Stressors:

* There are no low temperature, vibration or poor lighting risks
* The floor is un-yielding, slippery tile
* There is good task variability
* Pace is customer driven with some unpredictable increases although pre-prep has flattened the demand peaks
* There are adequate recovery/rest cycles, even in the high demand time periods

### B. Work Station:

1. Grill: Height is for average height (5' 4" – 5' 10") employee
2. Tool Receptacle is directly in front of grill for easy reach
3. Bucket grip occasionally demanded to lift pots of water weighing 25lbs
4. Pressure on palm due to incorrect grasp on tools
5. Circumference of tool < 3.7 cm (flippers)
6. Slippery floors due to grease
7. Occasional forward reach to back of grill – long handed tools available
8. The job tasks are similar, demanding frequent hand grip, frequent flexion & extension of elbows and occasional flexion & extension of dominant shoulder

C. Physical Activities –

NB: Frequency = O: Occasional – up to 33% of the shift, F: Frequent – 33-66%, C: Constant – 66-100%

| **PHYSICAL ACTIVITY REQUIREMENTS** | **Freq** | **NOC CODE** | **description** |
| --- | --- | --- | --- |
| 1. Vision  | c | 4 | Total Visual Field |
| 2. Colour | C | 0 | Not Relevant |
| 3. Hearing | c | 2 | Verbal Interaction |
| 4. HAZARDS | C  | H7 | Steam, hot surfaces |
| 5. Discomforts | o | d1 | Noise  |
| 6. WORK POSTURE |
|  Dynamic Standing  | c | 4 | With some squatting |
| 7. STRENGTH -1< 5 KG |
|  Lift/lower | O | 1 | Food & supplies |
| 8. Body Part | Awkward Posture? (>25% time) | Static or Dynamic Force | High Reps?(per min)  |
| Neck | Flex/side flex > 30 ° | YES | S | Any | NO |
| Shoulder | Reach > 45 ° | NO | D | >2.5 reps | YES |
| Elbow | Pronation/supination | NO | D | >10 reps  | YES |
| Wrist | Work in flexion | NO | D | >10 reps | NO |
| Hand | Power grip > 10 lbs Other grips > 2 lbs Palmer constriction | NONOYES | S-S |  | NO |
| Thumb | Forced abduction | NO | D | > 100 reps | NO |

Shaded areas relate to WCB and NIOSH Ergonomic Regulations

Note on Force – static force presents a risk, with dynamic force refer to number of repetitions

Risk Summary: Constant standing; unyielding, slippery floors; tasks are similar with demands for hand grip, elbow and shoulder flexion; occasional fast paced work for 1 hour at a time; neck in flexion; circumference of tool < 3.7 cm (flippers)

|  |  |
| --- | --- |
| **Summary of Risks** | **Recommendations for Risk Control** |
| General Environmental 1. Floors are un-yielding
2. Floors are slippery
 | Engineering Controls1. Consider using anti-fatigue matting2. Investigate alternate flooring that doesn't hold greaseAdministrative ControlsUse steam plus grease cutting agent to thoroughly clean floors each nightEmployee1. Education regarding need for shock absorbing soles and insoles
2. Education re the risk of slippery floors – falls plus the increased static force on back and legs while preventing slipping
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| Workstation Stressors:1. Neck is in flexion while working at the grill
2. Job tasks are similar with demands for hand grip
3. Circumference of flipper handle is < 3.7 cms, causing increased hand force
 | Administrative Controls1. Ensure that employees are aware of the risk of static neck flexion and are aware of preventative stretches
2. Ensure that employees are aware of the risk of constant demands for hand grip and are aware of preventative stretches
3. Investigate rubber add on handles to increase handle circumference

Employee1. Use micro-breaks which currently exist in customer demand for stretch breaks
2. Use micro-breaks which currently exist in customer demand for stretch breaks; alternate hands
3. Be aware of risk; don't grip too tightly
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| Physical Activities:1. Constant standing for up to 2.5 hours
2. Elbow flexion/extension; shoulder flexion/extension
 | Engineering Controls1. Although there is some opportunity to move, employees should be educated about the need to stand with one foot up while standing for long periods in one place
2. Instruct employee re the risks and to use alternating arms and stretches on the job

Employee1. Take responsibility for managing a constant standing position
2. Regularly alternate arms and stretch
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