

CASINO EMPLOYEE ERGONOMICS

Presented to you by
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CASINO EMPLOYEE ERGONOMICS



A look at the softer side of
General Industry



ERGONOMICS – WHAT IS IT?

It's the science of fitting the job to worker instead of trying fit the worker to the job.



MUSCULOSKELETAL INJURY - MSI

- ❖ Musculoskeletal injury refers to damage of muscular or skeletal systems, which is usually due to a strenuous activity or repetitive tasks over a period of time.
- ❖ Symptoms include mild to sever aches, low back pain, numbness, tingling, atrophy and weakness.

MUSCULOSKELETAL INJURIES ACCOUNT FOR ONE-THIRD OF ALL WORKERS' COMPENSATION COSTS AND CAUSE 400,000 INJURIES EVERY YEAR



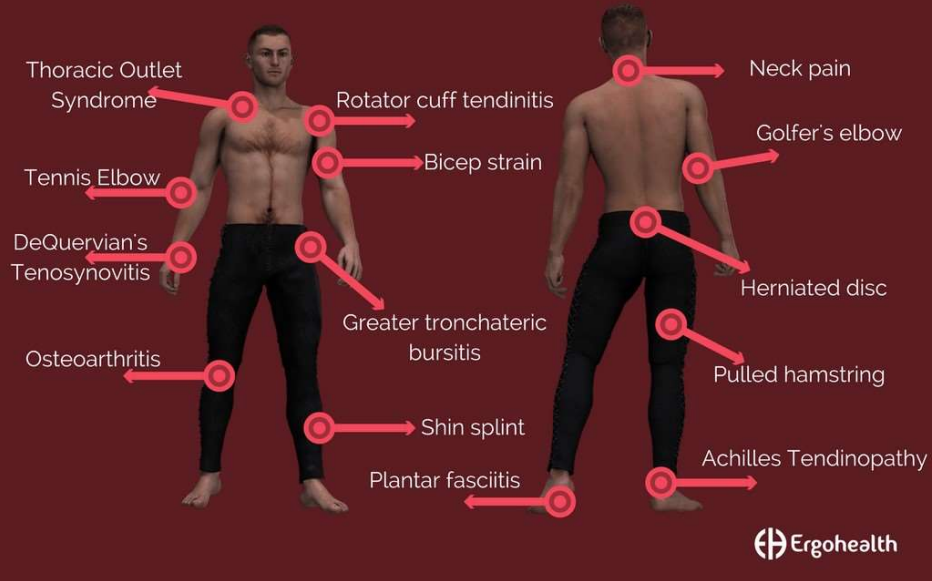
NUMBER ONE CAUSE OF WORKPLACE INJURIES

Non-impact injuries or MSI's

- ❖ Lifting
- ❖ Pushing/pulling
- ❖ Carrying
- ❖ Task that require repetitive motion

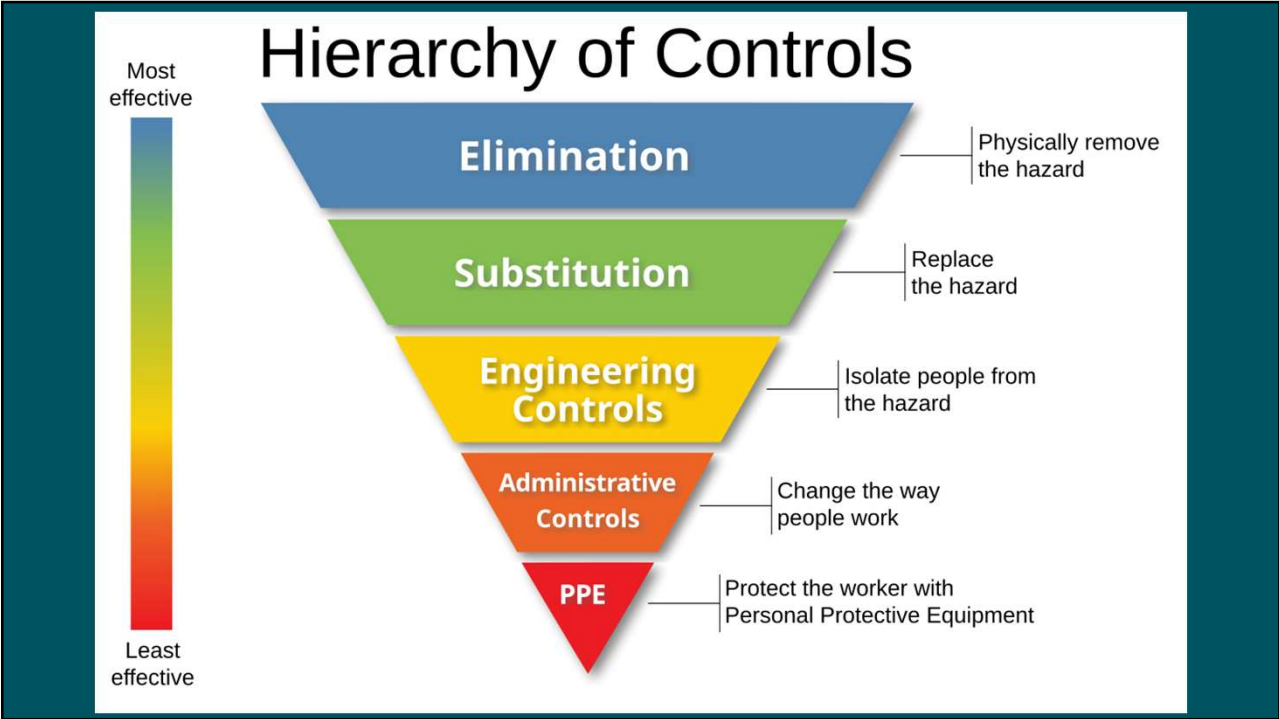


Musculoskeletal Disorders



Common MSI's In the Casino

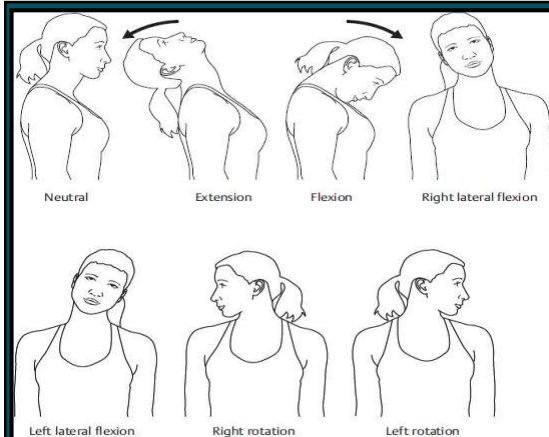
- ❖ Sprains
- ❖ Strains
- ❖ Tendinitis
- ❖ Carpal Tunnel
- ❖ DeQuervian's Tenosynovitis



ADMINISTRATIVE CONTROLS

Workplace Stretching Program!

 wrist curl	 tilt back	 "hammer"
 wrist stretch	 resistance press	 fist rotations



stretching

10-20 seconds each

1. dynamic chest
2. triceps
3. shoulder
4. groin and back
5. standing toe
6. calf hands against wall

SUBSTITUTION



WORKPLACE DESIGN FOR ERGONOMICS IN THE CASINO INDUSTRY

Departments at high risk for MSI's - Casino's

- ❖ Housekeeping
- ❖ Servers
- ❖ Office Workers
- ❖ Table Games Dealers

Housekeeping

Three ergonomic interventions to help prevent Hotel Housekeeping MSI's:

- ❖ Reduce awkward body posture
- ❖ Reduce the forces applied
 - ❖ Lifting, pushing, pulling or carrying
 - ❖ Reduce the weight of the material
 - ❖ Provide adequate breaks



Housekeeping



Lodging Magazine

Beverage Servers and Food Servers



The Office Worker

- ❖ Posture
- ❖ Monitor placement
- ❖ Height of chair/desk
- ❖ Sedentary work

- ❖ Ask for a stand-up option
- ❖ Take frequent walks
- ❖ Stretch
- ❖ Have Risk Management check your chair/desk height

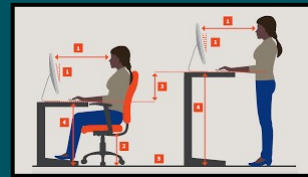
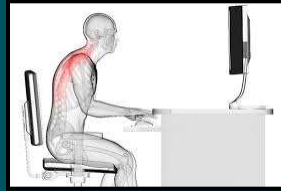


Table Games - Dealers

- ❖ Repetitive motion
- ❖ Standing for prolonged periods

- ❖ Ergo mats
- ❖ Stretching
- ❖ Frequent breaks
 - ❖ 1 hr. 40 minutes on – 20 minute break – 8 hour shifts



Table Games - Dealers



Roulette

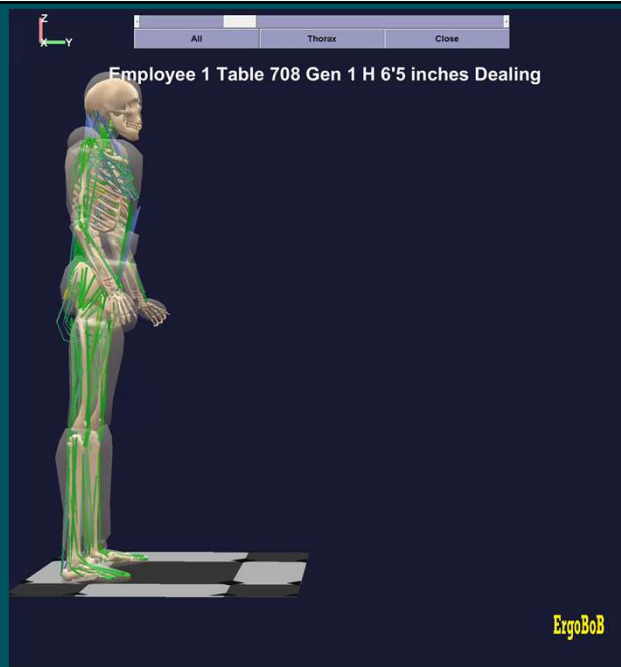


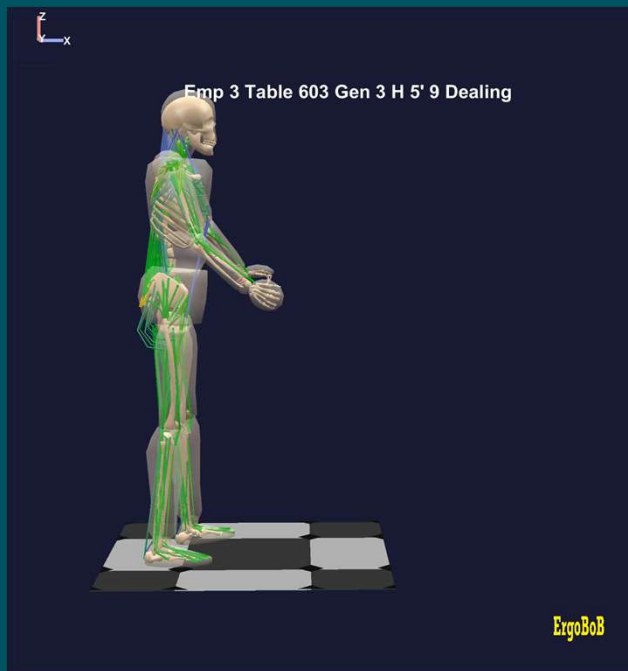
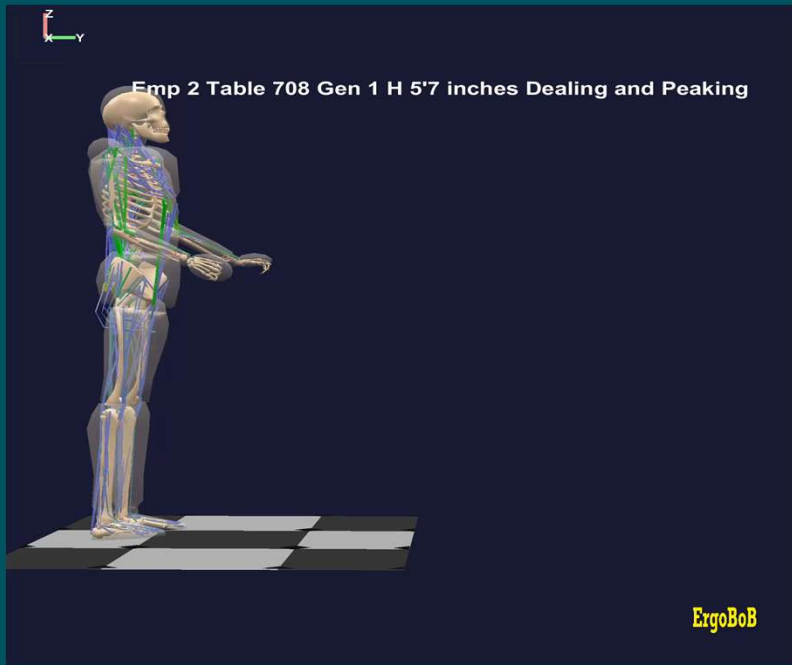
Big 6

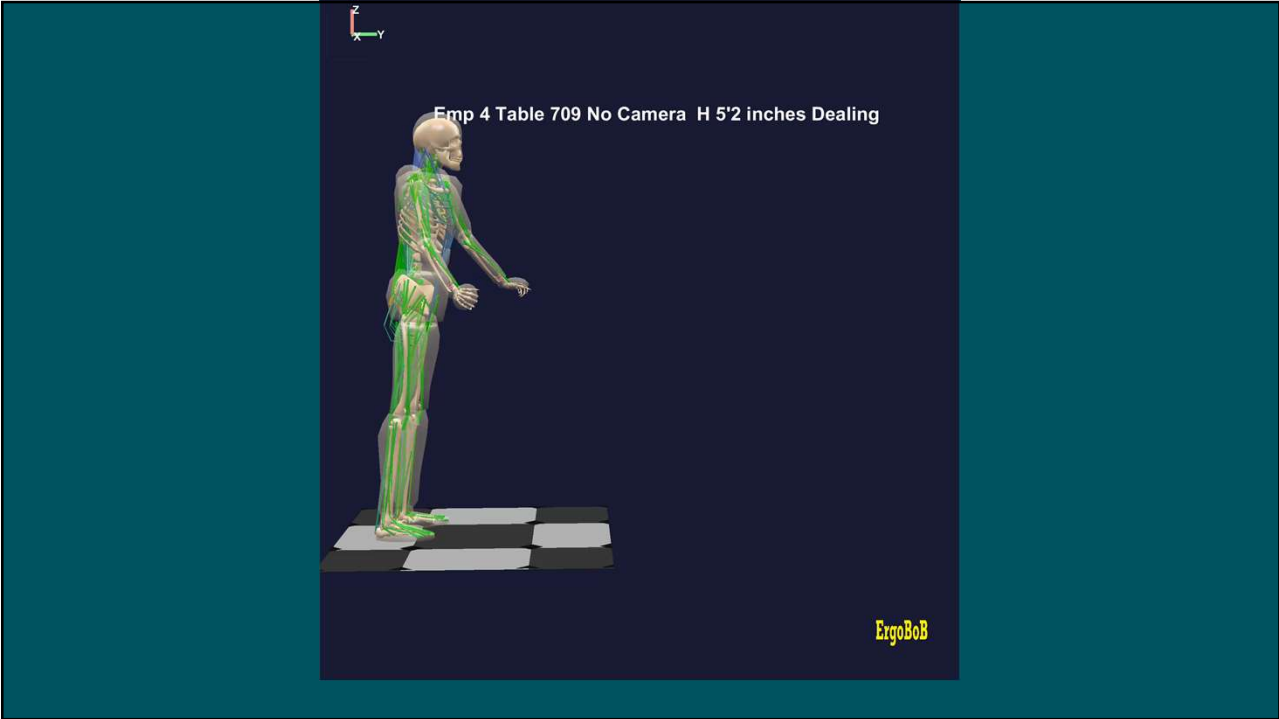


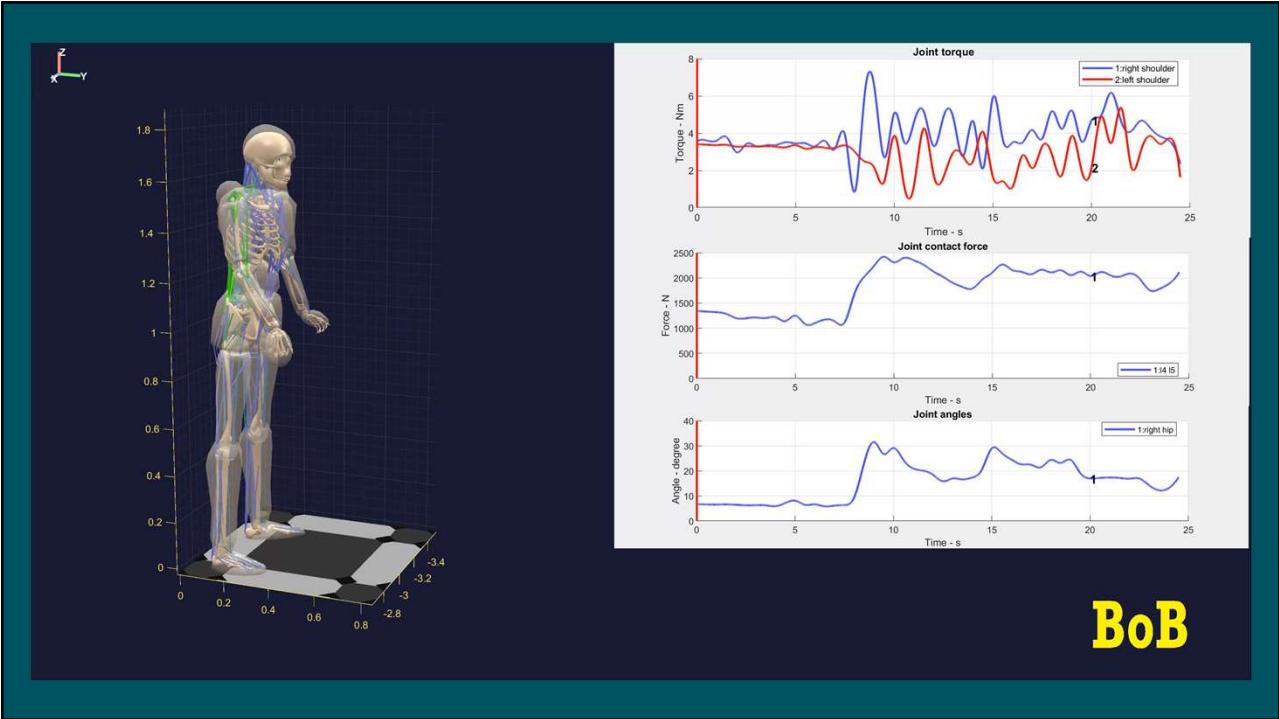
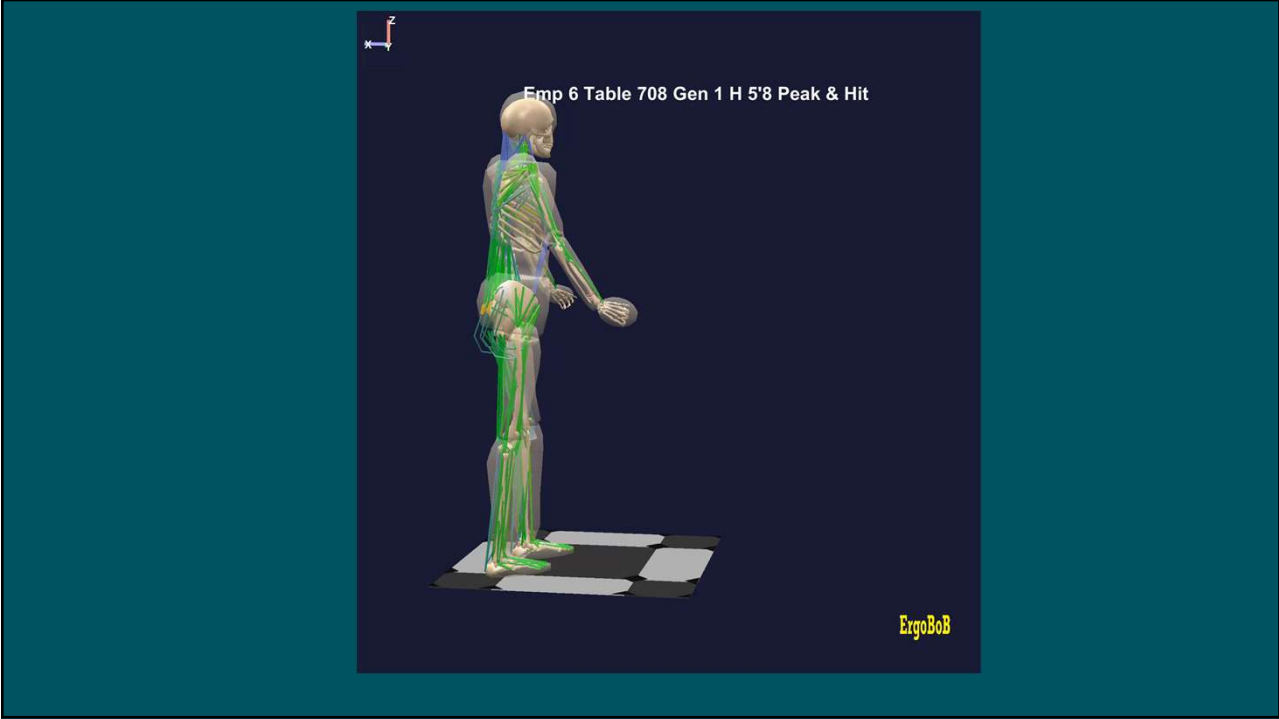
Craps

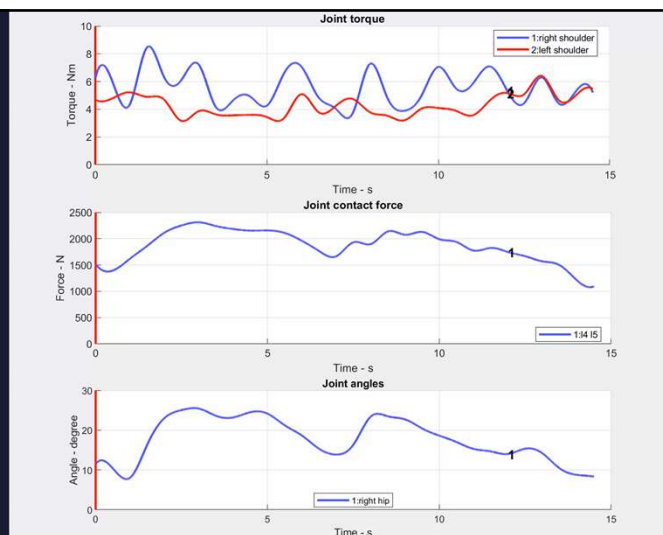
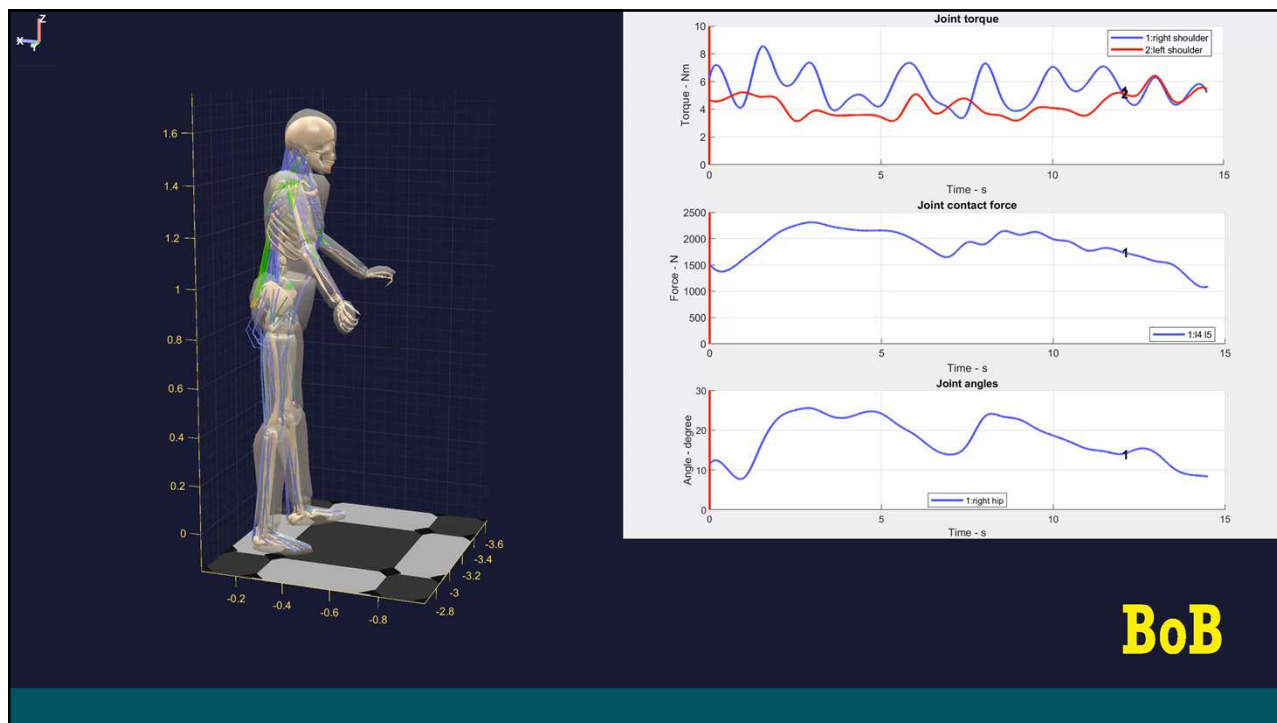
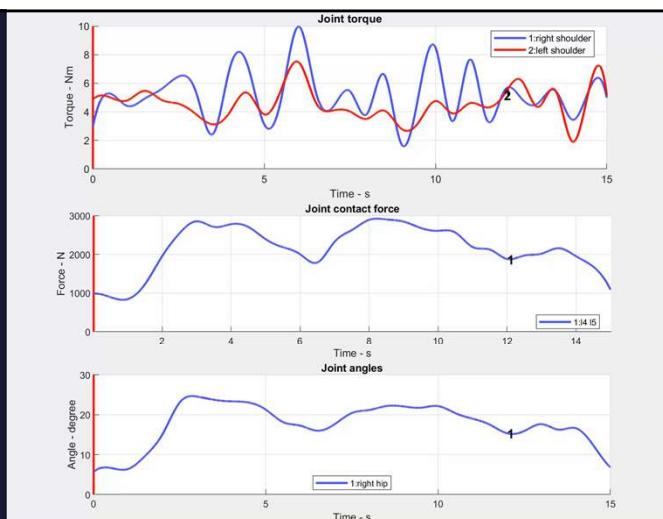
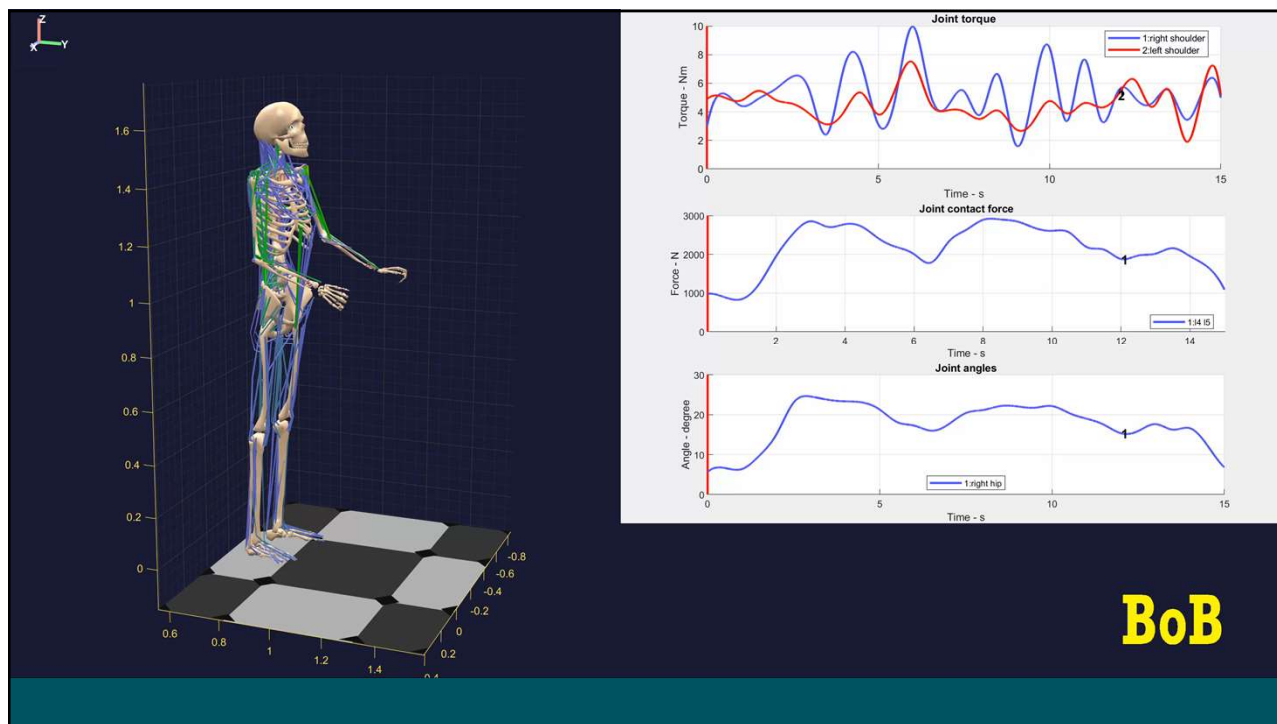
- ❖ Carpal Tunnel
- ❖ Tennis Elbow/Golfers Elbow
- ❖ DeQuarvian's Tenosynovitis
- ❖ Rotator Cuff
- ❖ Neck and back pain

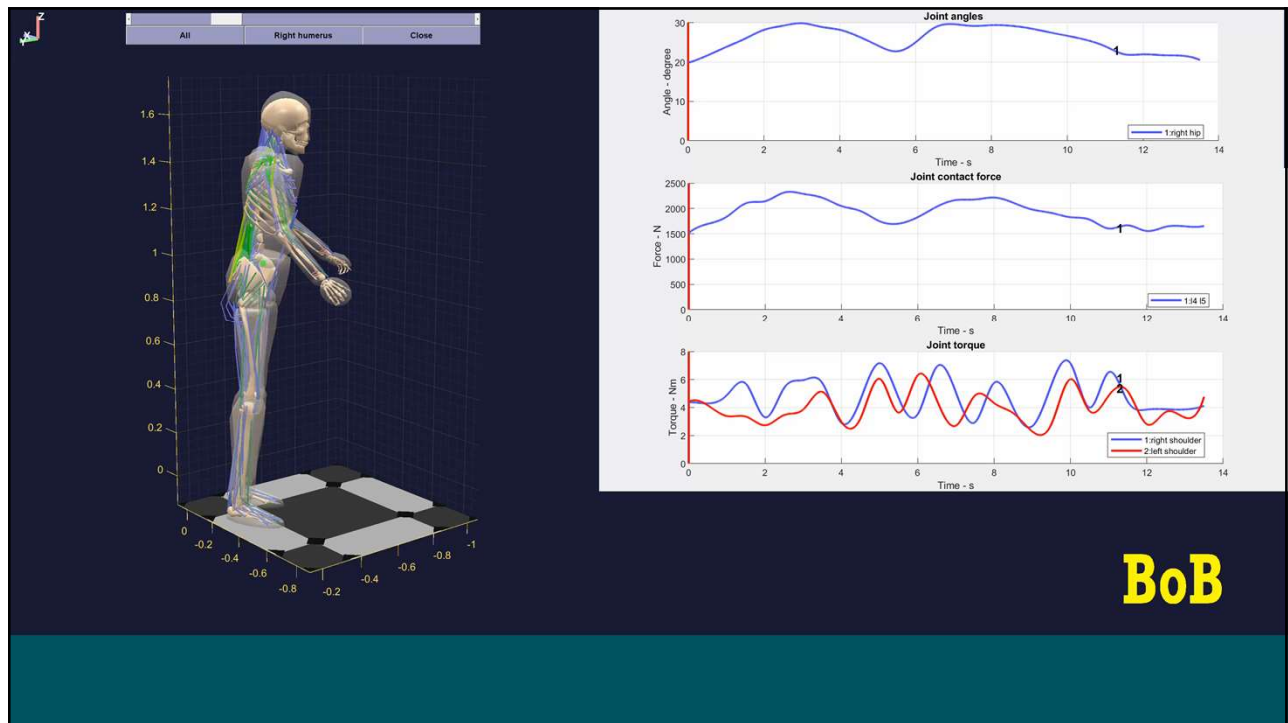
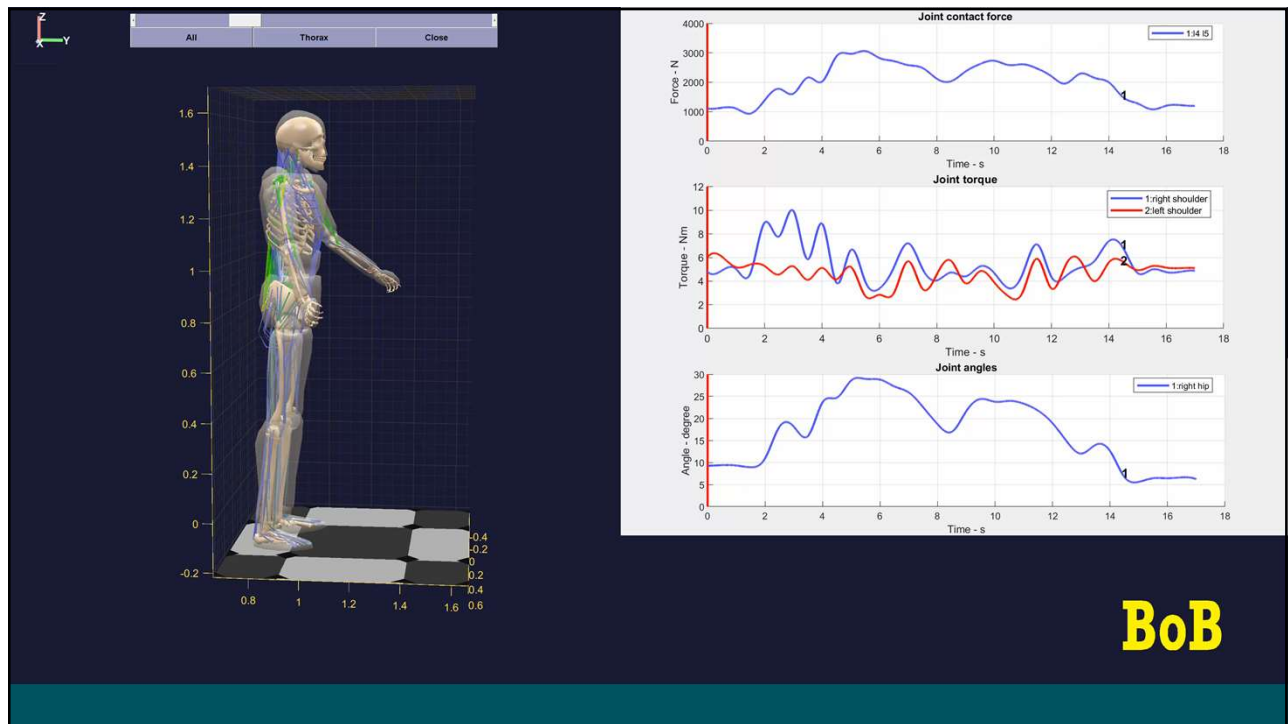


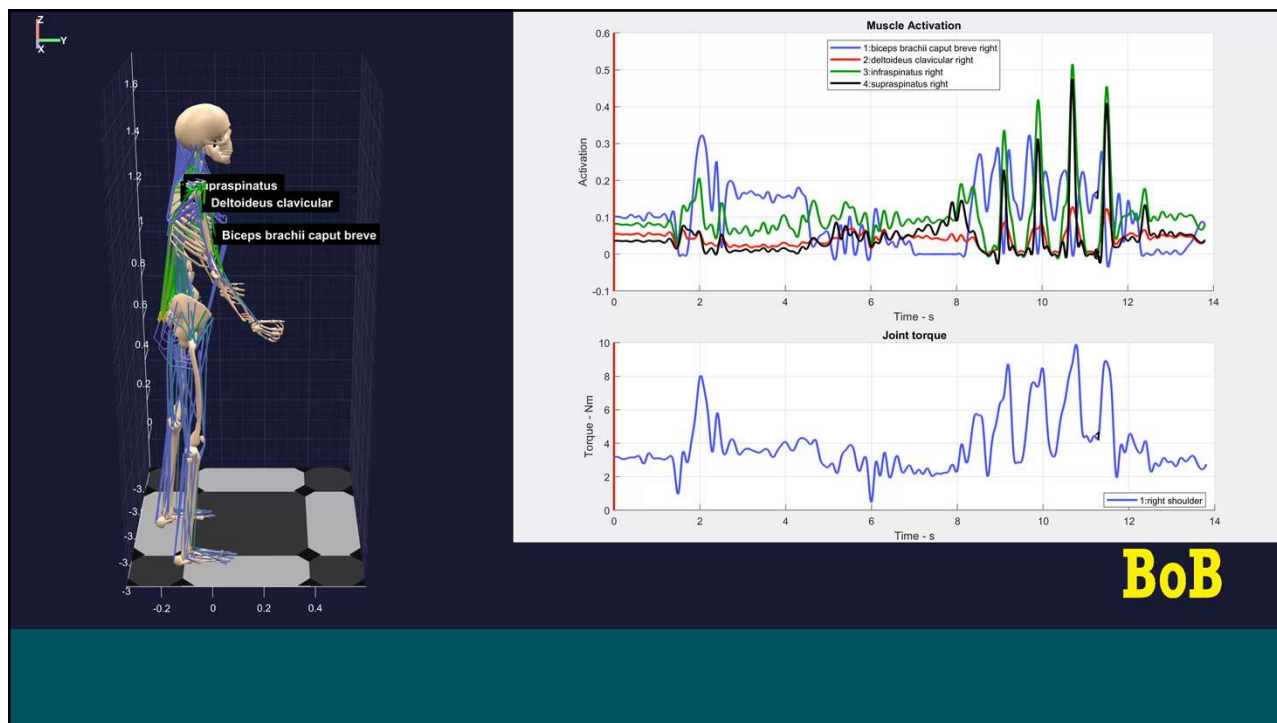
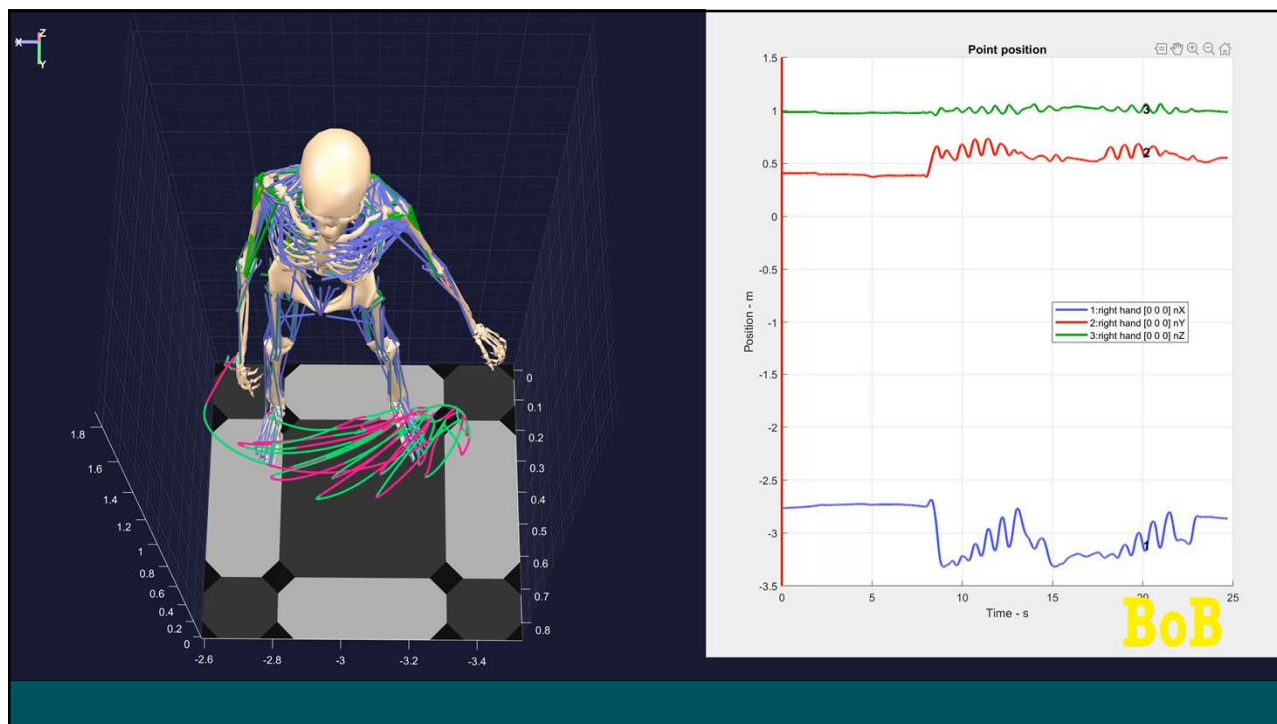












Prevention

- Educate workers about the risk factors, signs and symptoms of injury, and potential health effects.
- Identify jobs that put workers at risk for developing a MSI.
- Complete risk assessments for jobs that place workers at risk for developing MSI.
- Implement control measures to limit workers risk of developing MSIs.
- Provide awareness programs and practices, both formal and informal.
- Provide training programs and practices.
- Identify and solve MSI hazards.
- Provide ergonomics training, workstation adjustments and work redesign.
- Consult with employees and encourage their participation.