RESTAURANT: BUSSING TABLES

INTRODUCTION

Bussing tables is a job that must be done quickly and carefully, but employees can't forget safety as well. If you buss tables at work, you are responsible for keeping yourself and others safe by minimizing the hazards associated with bussing.

HAZARDS

- Laceration hazard if glass is dropped or knives are handled improperly.
- Ergonomic hazards from balancing or lifting heavy trays.
    - Lifting trays above shoulder height increases this risk.
- Possible repetitive motion injuries from reaching across tables.
- Moving and tables and chairs to accommodate customers.

GENERAL SAFETY GUIDELINES

- Use proper body ergonomics when carrying trays, plates, or beverages.
- Limit the number of items you carry to avoid excessive strain on your arms and back.
- When doing tasks like pouring beverages, move the cup closer to you instead of extending the pitcher or coffee pot over the glass.
- Use both your arms as well as your hands to balance trays.
- Stack items on trays evenly, and place heavier items in the center of the tray.
- Trays should be clean and dry and free from cracks or other defects before using.
- Get help when moving tables and chairs, instead of lifting alone.
- Always walk when carrying trays and keep an eye out for wet spots on the floor.

RESTAURANT: BUSSING TABLES

ERGONOMICS

Proper ergonomics that must be used when bussing tables includes:

- Use both hands to carry items whenever possible.
- Keep your elbows tucked close to your body.
- Keep your shoulder, arms, and hands in a neutral position rather than bent or extended.
- Carry trays and other items at waist level instead of raising them above your head.
- Bend your knees and keep your back straight when picking something up.

KNIFE SAFETY

When bussing tables, extra precaution must be taken to avoid handling knives incorrectly. Employees should avoid lacerations by:

- Only picking up knives by their handles.
- Avoid grabbing multiple pieces of silverware at once.
- Always look at what you are picking up when collecting dishes.
- Make sure silverware and knives are not stacked haphazardly on trays.
- Do not reach into a sink of water if you don't know what is in it.

CONCLUSION

Bussing tables can be physically demanding and stressful, and employees are required to minimize the risks involved by using proper ergonomics, using knife safety sense, and following all of the general safety guidelines.