Shiftwork – Restaurants Meeting Kit



WHAT'S AT STAKE

Shift work in a restaurant typically involves working non-traditional hours, including evenings, weekends, and holidays. Restaurant shifts can vary in length, with some shifts lasting only a few hours and others lasting up to 12 hours or more.

WHAT'S THE DANGER

RESTAURANT WORKER SHIFTWORK HAZARDS

- **Physical fatigue:** Long shifts and irregular hours can lead to fatigue and exhaustion, which can increase the risk of workplace accidents and injuries.
- **Increased risk of injury:** Working in a fast-paced environment with sharp knives, hot surfaces, and heavy equipment can put workers at risk of cuts, burns, and other injuries.
- **Exposure to hazardous substances:** Restaurant workers may be exposed to hazardous substances such as cleaning chemicals, cooking fumes, and potentially contaminated food.
- **Poor nutrition:** Shift work can make it difficult to maintain a healthy diet, and workers may rely on fast food or snacks during their shifts.
- **Disrupted sleep patterns:** Irregular working hours can disrupt circadian rhythms, leading to fatigue, insomnia, and other sleep disorders.
- **Mental health issues:** Shift work can increase the risk of anxiety, depression, and other mental health issues, due to the disruption of normal social rhythms and the stress of working in a fast-paced, high-pressure environment.
- **Increased risk of substance abuse:** Shift workers may be more likely to use alcohol or drugs to cope with stress, fatigue, or disrupted sleep patterns.

HOW TO PROTECT YOURSELF

COMMON RESTAURANT SHIFTWORKER TASKS

Prepare food: Shiftwork at a restaurant may be responsible for preparing ingredients, cooking food, and plating dishes according to menu specifications.

Serve customers: Shiftwork at a restaurant may take orders, serve food and beverages, and provide assistance to customers as needed.

Cleaning and maintenance: Shiftwork at a restaurant may be responsible for cleaning tables, dishes, and cooking equipment, as well as performing general maintenance

tasks such as sweeping and mopping floors.

Cash handling and transactions: Shiftwork at a restaurant may handle cash transactions, process payments, and balance cash registers at the end of a shift.

Inventory management: Shiftwork at a restaurant may be responsible for monitoring inventory levels, ordering supplies, and ensuring that ingredients and equipment are properly stocked.

Teamwork and communication: Shiftwork at a restaurant may need to work closely with other team members to ensure that orders are fulfilled, and customers are satisfied.

IMPORTANCE OF SHIFTWORK AT A RESTAURANT

Extended operating hours: Restaurants that offer shift work can provide extended operating hours, which can increase revenue and cater to customers who prefer to eat at non-traditional hours.

Flexibility: Shift work can provide flexibility for both workers and employers, allowing for a variety of schedules and accommodating individual preferences and needs.

Customer service: Restaurant staff who work shifts can provide better customer service by ensuring that there are enough staff available during peak hours and by providing attentive service to customers.

Teamwork: Working in shifts can promote teamwork and collaboration among staff members, as they work together to ensure that the restaurant runs smoothly, and customers are satisfied.

Skill development: Working in a restaurant, especially during shift work, can provide opportunities for skill development, such as communication, time management, and problem-solving.

Employment opportunities: Shift work in a restaurant can provide employment opportunities for individuals who prefer non-traditional work hours or who have other commitments during the day.

TIPS FOR RESTAURANT SHIFT WORKERS

- **Be punctual and reliable:** Arrive on time for your shifts and be consistent in your attendance. Your coworkers and managers rely on you to be there when you’re scheduled to work.
- **Communicate effectively:** Good communication is key to working in a restaurant. Keep your coworkers and managers informed of any issues or concerns and ask for help when you need it.
- **Stay organized:** Keep your work area clean and tidy and stay on top of your tasks to ensure that everything runs smoothly during your shift.
- **Be a team player:** Working in a restaurant requires teamwork. Help out your coworkers when you can.
- **Stay focused and efficient:** During busy shifts, it’s important to stay focused and work efficiently.
- **Take care of yourself:** Take care of yourself by staying hydrated, eating healthy foods, and getting enough rest.

STRATEGIES FOR SHIFTWORKERS TO DEAL WITH COMMON PROBLEMS

- **Sleep management:** Workers can prioritize good sleep hygiene by creating a

consistent sleep schedule, using blackout curtains or earplugs to block out noise, and avoiding caffeine and alcohol before bed.
- **Physical strain management:** To minimize the risk of injury, workers should practice proper lifting techniques, take frequent breaks, and use supportive footwear.
- **Hazardous condition management:** Workers can protect themselves from hazardous conditions by wearing appropriate protective gear, following safety protocols, and reporting any safety hazards to management.
- **Stress management:** To manage stress, workers can practice relaxation techniques like deep breathing or meditation, take regular breaks throughout the shift, and seek support from colleagues.

FINAL WORD

Shiftwork at a restaurant is an important component of the food service industry, providing employment opportunities and meeting the diverse needs and preferences of customers. It also contributes to the local economy and provides valuable experience and skills for workers in the industry.