

PHYSICAL WELLBEING

For Hospitality Workers



WHY PHYSICAL WELLBEING MATTERS

Your body is your most important work tool.

When you're physically well, you:

- Have more energy and stamina for long shifts
- Reduce your risk of workplace injuries
- Sleep better and recover faster
- Feel happier and more motivated
- Perform better at work

MOVEMENT & EXERCISE

During your shift:

- Take all your designated breaks
- Stretch regularly (neck, shoulders, back, legs)
- Walk around when possible
- Use proper lifting techniques
- Wear supportive, non-slip shoes

QUICK STRETCHES FOR HOSPITALITY WORKERS

Front of house staff:

- Neck rolls (10 reps each direction)
- Shoulder shrugs and rolls
- Calf raises and stretches
- Lower back stretches
- Ankle circles

Kitchen staff:

- Wrist and finger stretches
- Lower back bends
- Hip flexor stretches
- Neck stretches
- Shoulder blade squeezes

On your days off:

Aim for 30 minutes of activity most days. Choose something you enjoy.

- Walking, jogging, or swimming
- Cycling or skating
- Team sports
- Dance or yoga
- Gym workouts

Remember: Something is better than nothing!

NUTRITION FOR SHIFT WORKERS

Hydration is key:

- Drink 2-3 litres of water daily
- Keep a water bottle at work
- Limit caffeine and energy drinks
- Avoid excessive alcohol

Eating well at work:

- Don't skip meals before long shifts
- Pack healthy snacks (fruit, nuts, yoghurt, crackers)
- Make balanced choices from staff meals
- Eat every 3-4 hours to maintain energy
- Avoid too much sugar – it causes energy crashes

Quick healthy snack ideas:

- Apple with peanut butter
- Trail mix (nuts and dried fruit)
- Cheese and crackers
- Boiled eggs
- Vegetable sticks with hummus
- Greek yoghurt
- Protein balls or bars

SLEEP & RECOVERY

Why sleep matters

Quality sleep helps your body repair, your mind recharge, and your immune system strengthen.

Better sleep for shift workers:

- Aim for 7-9 hours per night
- Keep a consistent sleep schedule when possible
- Make your bedroom dark, quiet, and cool
- Invest in blackout curtains for daytime sleep
- Avoid screens 1 hour before bed
- Wind down with reading, gentle stretching, or meditation
- Limit caffeine 6 hours before sleep
- Power naps

If you're exhausted, a 20-minute nap can help. Set an alarm – longer naps can make you can make you drowsy.

INJURY PREVENTION

Protect your body:

- Bend your knees when lifting, not your back
- Ask for help with heavy items
- Report hazards immediately
- Use equipment properly
- Speak up if something hurts
- Take care of your feet (proper shoes, foot soaks)

Common hospitality injuries to watch out for:

- Back strain from lifting
- Slips, trips, and falls
- Cuts and burns
- Repetitive strain injuries
- Foot and leg pain

Prevention is always better than treatment!

YOUR PHYSICAL WELLBEING ACTION PLAN

This week I will:

- Drink more water (aim for 8 glasses daily)
- Learn and practice stretches for my role
- Pack healthy snacks for my next shift
- Take all my breaks
- Get to bed 30 minutes earlier

This month I will:

- Do 30 minutes of activity 3-4 times per week
- Improve my sleep routine
- Check my workplace shoes and replace if needed
- Book a health check with my GP

NEED HELP?

Physical health support:

- Book a GP appointment for any concerns
- See a physiotherapist for pain or injuries
- Contact WorkSafe Tasmania for workplace injury advice
- Talk to your employer about ergonomic solutions

Remember: Looking after your body isn't selfish – it's essential. Small changes make a big difference over time.