



Preventing Injuries to Casino Card Dealers

Ergonomics tips for the Hospitality Industry

What is ergonomics?

Many of the ways we work — for example, lifting, reaching, or repeating movements — may strain our bodies and lead to musculoskeletal injury (MSI). Ergonomics is a way to prevent MSI by fitting the job to the person using proper equipment and work practices. This results in the safest way to work, and prevents workplace injuries.

Employers must provide equipment and establish safe work practices to reduce the risks of MSI. Employers must also instruct workers in these safe work practices. Workers must follow employers' instructions to protect themselves.

MSI risk factors

Many jobs present MSI risks. If you are aware of the risk factors, though, you can change the way you do your job, and prevent injuries. This infosheet describes some of the risks of dealing cards, and provides tips for preventing injuries to card dealers.

Prevention is the best policy.

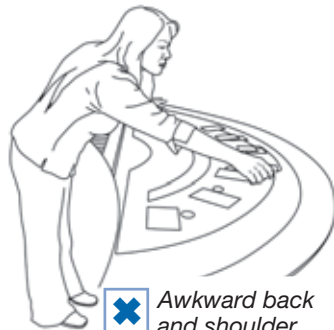
Preventing awkward posture

Our bodies function best in comfortable (neutral) postures. Awkward body postures increase the stress on ligaments and joints. This can lead to fatigue and discomfort, and increase the risk of injury.

Casino card dealers are at risk of awkward postures when they do the following:

- Reach for cards and bets.
- Bend the neck forward to look at the table.
- Retrieve cards from the card shoe or shuffler.

Even if you do not feel immediate pain or discomfort while in an awkward posture, the potential for injury is still present.



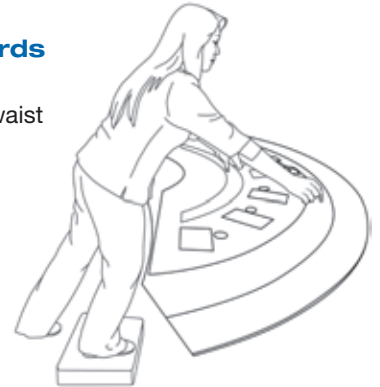
Awkward back and shoulder posture



Awkward hand, wrist and elbow posture

Tips for collecting cards and bets

- Use a step to raise your waist to table-top height.
- When reaching forward, maintain the curves in your back by lifting one leg.
- Where applicable, ask players to return cards closer to you.



Preferred posture when collecting cards and bets

Tips for retrieving cards from a card shoe or shuffler

- Adjust the position of your body and the shoe or shuffler so you can deal cards comfortably and maintain visual contact with all betting positions.
- Keep your elbows and arms close to your body.
- Raise your body position to avoid lifting your arms out to the side.
- Avoid twisting your wrists, hands, and fingers.



Preferred posture when retrieving cards

Tips for dealing cards while seated

- Sit back in your chair whenever possible.
- Adjust the chair to fit you, ensuring full support for your lower back and feet.
- In poker, turn the chair to face players rather than twisting your back.
- In poker, ask players to return cards closer to you.



Preferred seating posture when dealing cards

See reverse side for more tips.

Be aware of your posture when you work





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Preventing repeated movements

Repeating the same motions over and over again continually uses the same muscles. Repeated movements, especially in awkward postures, increases the risk of injury.

Dealing cards requires the same motion with both left and right arms over and over. This repetition can increase when dealing to fewer players at a time.

Tips for dealing cards

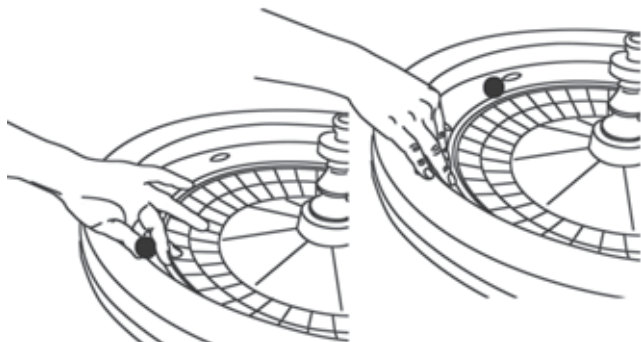
- Readjust the shoe or shuffler to maintain a comfortable posture.
- Keep joints straight by reducing unnecessary movements.

Example of comfortable posture



Tips for roulette

- Organize the table so frequently used items are closer in order to reduce reaching.
- Move along the length of the table instead of reaching.
- Use a “snap” technique to spin the ball, rather than using your wrist. See the diagram below.



Example of “snap” technique

Tips for pitching cards

Pitch cards using the following steps:

- 1 Imagine you are holding a cotton ball with your pinky and ring fingers.
- 2 Flick or pitch cards by only moving your index and middle fingers.
- 3 Do not move your wrist.



Example of incorrect pitching



Example of correct pitching

Preventing static posture

Maintaining the same posture with little variation is known as a static posture. This can lead to fatigue and discomfort, and increase the risk of injury. Static posture can occur when dealing cards if you don't change your posture while standing, sitting, or looking down.

Tips for dealing cards

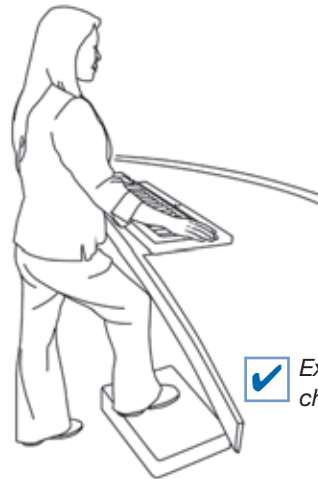
- Look up frequently.
- Stretch your neck, back, and shoulders at the beginning of the shift, during breaks, when there is a break in the game, or before shuffling the cards.

Tips for standing or sitting

- Change your posture frequently by using foot rests and changing your weight distribution.
- Maintain good posture.
- Wear supportive footwear.
- Elevate your feet during breaks.



Example of static standing posture



Example of using a foot rest to change standing posture

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