

## ICSRR - M053

# OPTIMIZING KITCHEN WORKFLOW AND ERGONOMICS IN HOTEL FOOD PRODUCTION

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### **Abstract:**

Efficient kitchen workflow and ergonomic design are essential for maintaining high productivity, ensuring food quality, and safeguarding employee well-being in hotel food production environments. Streamlined processes, strategic equipment placement, and logical task sequencing reduce delays, minimize physical strain, and enhance coordination among culinary staff. Integrating ergonomic principles into layout planning, workstations, and tool selection helps prevent work-related injuries and fatigue, contributing to a safer and more comfortable workplace. Technological advancements, such as automated equipment, digital order systems, and real-time inventory management, further support operational efficiency. Sustainable practices, including energy-efficient appliances and waste reduction strategies, complement these improvements while aligning with environmental goals. A well-optimized and ergonomically designed kitchen fosters faster service, consistent food standards, and improved employee morale, ultimately elevating guest satisfaction and the hotel's overall service quality.

**Key Words:** *Efficiency, Ergonomics, Food Production, Hotel Kitchens, Workflow Optimization*