



## Waiters and waitresses

Take orders and serve food and beverages to patrons at tables in dining establishment.

## Cognitive and mental requirements

The qualifications that workers need to use judgment, make decisions, interact with others, and adapt to changes in jobs.

In 2024, more than basic people skills were required for 17.7 percent of waiters and waitresses, and basic people skills were required for 82.3 percent.

**Table 1. Percentage of waiters and waitresses with cognitive and mental requirements, 2024**

Requirement	Yes	No
<b>Adaptability: Work schedule variability</b>	91.2	8.8
<b>Pace: Pause control</b>	13.5	86.5
<b>Telework</b>	<0.5	>99.5
<b>Work review: Presence of supervisor</b>	97.2	2.8
<b>Work review: Supervising others</b>	1.2	98.8
<b>Working around crowds</b>	10.1	89.9

Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

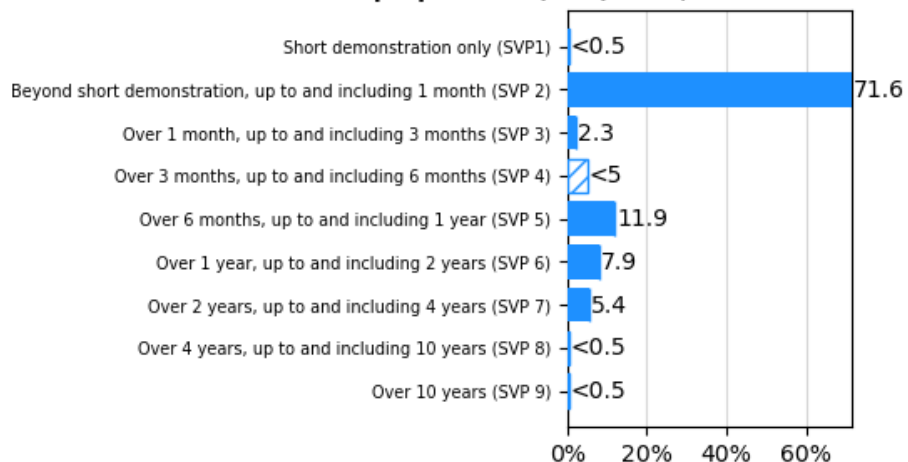
## Education, training, and experience requirements

The minimum level of formal education required, credentials necessary, on-the-job training, and prior work experience necessary for average performance in jobs.

In 2024, prior work experience was required for 28.4 percent of waiters and waitresses and on-the-job training was required for 97.4 percent.

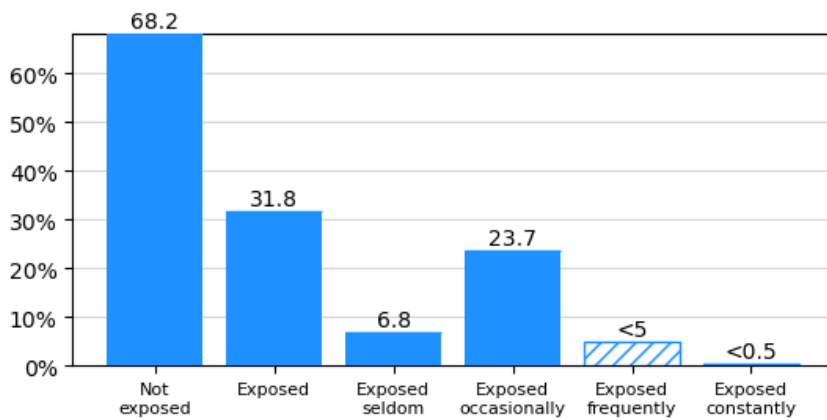
No minimum education was required for 78.6 percent of waiters and waitresses.

**Chart 1. Percentage of waiters and waitresses by specific vocational preparation (SVP) level, 2024**



Note: Striped bars represent range estimates where precise value is unpublished.  
Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

**Chart 2. Percentage of waiters and waitresses with outdoor exposure and duration, 2024**



Note: Striped bars represent range estimates where precise value is unpublished.  
Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

## Environmental conditions

The various tangible or concrete hazards or difficulties that are in the vicinity of where jobs' critical tasks are performed.

In 2024, 95.3 percent of waiters and waitresses were not exposed to extreme cold, and greater than 99.5 percent were not exposed to extreme heat. Wetness was not present for 9.1 percent, greater than 99.5 percent were not exposed to heavy vibrations, and 68.2 percent were not exposed to the outdoors.

## Physical demands

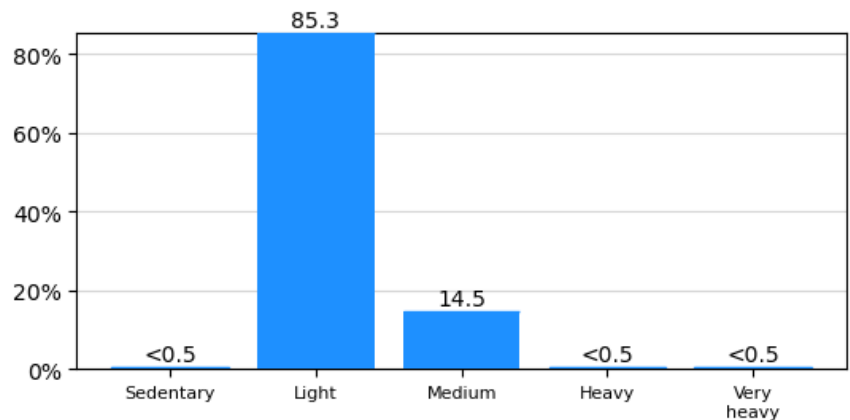
Refer to the physical activities required to perform tasks in jobs. The presence and, in some cases, duration of these activities are published.

In 2024, reaching at or below the shoulder was required for 96.6 percent of waiters and waitresses and was not required for 3.4 percent. For 4.2 percent of workers, reaching at or below the shoulder was seldom performed, for 64.1 percent reaching at or below the shoulder occurred occasionally, 28.3 percent frequently, and for less than 0.5 percent reaching at or below the shoulder occurred constantly.

Performing work in low postures was required for 66.2 percent of waiters and waitresses and was not required for 33.8 percent.

On average, waiters and waitresses spent 2.2 percent of the workday sitting and 97.8 percent of the workday standing.

**Chart 3. Percentage of waiters and waitresses by strength level requirements, 2024**



Note: Striped bars represent range estimates where precise value is unpublished.  
Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

**Table 2. Percentage of waiters and waitresses with physical demands, 2024**

Requirement	Yes	No
Choice of sitting or standing	<0.5	>99.5
Climbing structure-related ramps or stairs	15.9	84.1
Driving	<0.5	>99.5

Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey