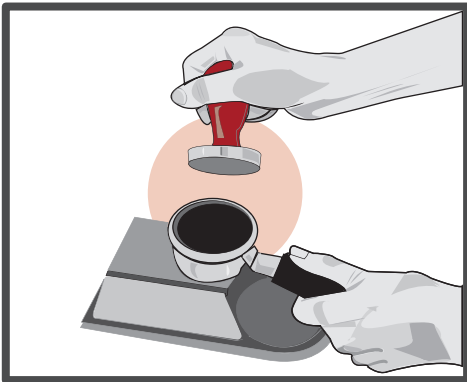


WHAT IS TAMPING?

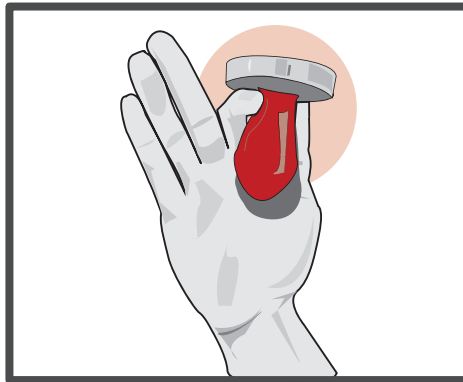
Tamping is the **compacting** of ground coffee into a portafilter, a mechanism used to carry the **grinds** to the espresso machine, prior to **brewing**

01



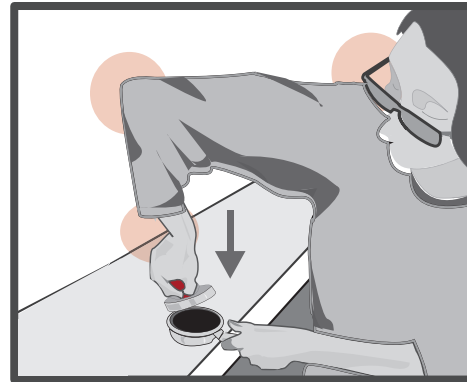
Finely ground espresso is leveled off in portafilter

02



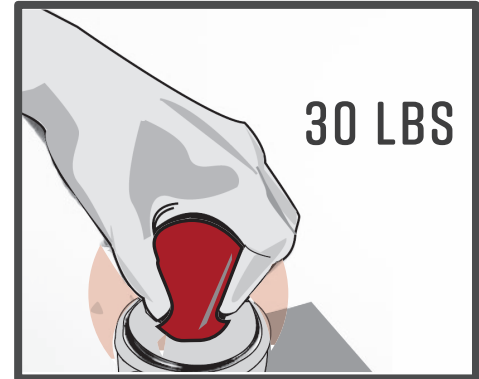
Pressure is applied while using a pinch grip at base

03



Keeping arm at 90 degrees and wrist straight

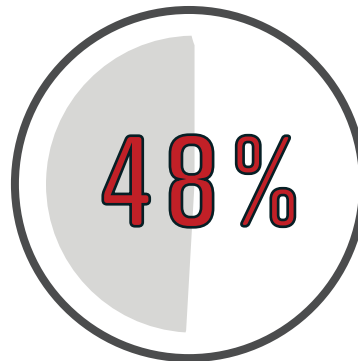
04



30 lbs of pressure is evenly distributed



On average, a barista makes **100 - 300** coffees everyday



Of 60 baristas interviewed, **48% reported** having joint or back pain



Long term tamping done incorrectly can lead to **medial epicondylitis**; Barista Elbow